

## Rejection...With All Its Randomness...

by Jackie Costello

Marilyn Monroe once said..."Sometimes I feel my whole life has been one big rejection" I feel like Marilyn led an emotionally isolated and lonely life and reading this quote makes me so sad for her.

Rejection. It is one of the hardest things to experience. There is ignored rejection, or unspoken. There is terse and uncaring rejection. There is the nicely worded rejection. Rejection from a job, a friend, a medication ...rejection from someone you love. I've had all these but the hardest was love. When you grow to love someone with every ounce of your heart and soul...and after time and in the end...the person ultimately does not love you...it is utter rejection. It is soul crushing. It was a Saturday morning...and I had been rejected. Rejected by a man who I honestly thought would never leave me. Releasing oceans of tears, I swam in my sadness while he was happily sailing in the Caribbean with his new woman...according to Instagram. OH social media...And you can't not look at it...right? I mean let's face it...you not only look at it...you examine every teeny tiny little detail...the hashtags...what do they mean? Why did he post that with her and never post a picture with me? I realized I was driving

myself crazy so I decided to stop by pity party. This was ridiculous. Get outside Jackie. From a young age, my mother would make me go walking with her. It was always our thing and we still do it today...it served as a great release...a way to let our sadness, happiness, frustration...you name it.

It was a gorgeous and hot Saturday and I started out on my journey. I crossed the street and I instantly get all in my head. I was going to die alone...i was. People would find maggots eating away at me. What's wrong with me...what did I do wrong? Why didn't he want me? ...Of course all of this is fueled by the music I am listening to...we all know it...Adele. Yes...she is literally a self-inflicting pity party. Omg I am pathetic I say! Time to switch to more aggressive music...a little Iggy Azalea... or how about..."I hate myself for Loving you" by Joan Jett. Yes that is better. Bitch by Meredith Brooks, okay...I am getting my spunk in my step now! Screw him. Reject me???? Reject this!!!

Out of nowhere...a massive torrential downpour started as I was in a residential neighborhood. I mean HUGE raindrops. Seriously? How did this happen? It was literally clear skies and now it's a thunderstorm??? Just my luck. Of course, this would happen to me today. Just my luck. What else is going to go wrong? My life just plain sucks.

I started to run up a hill but due to the excessive wind and golf ball sized sideways raindrops hitting my soft ear hair ...man it was a struggle. I finally burst into a Walgreens where I immediately shook the water off like a Labrador and then I realized there were 10ish people staring at me ....all waiting for Noah's ark to halt. I said...."well normally in awkward moments you talk about the weather but we already know about that! (Me laughing hysterically). I tend to make jokes in awkward situations." No response from the crowd. A woman glared at me and says ..."I just missed my damn bus!" I bowed my head and moved my eyeballs from left to right.

Annnnyyywwaaayyy.... I hung out in Walgreens for a while and chatted with all the clerks about the inflation rate of ponchos and I cracked jokes...what did the rock and the ruler say to each other the first time they met..."you rock! You rule!" . The rain would NOT let up...so my attention turned to this other woman quietly waiting by the door. I said to her..."hopefully it stops soon." She looked at me with a soft smile ad said..."it will. Just need to be patient.". I begin to chat more with her and slowly I started to tell her about my utterly awful life of rejection. She listened quietly and I began to ask her more about herself. She tells me about the struggles and rejection she had experienced in her life. She wasn't trying to make her situation

seem worse and mine trivial but this women...she had survived...Divorce, abuse, illness,...again telling me her journey in the softest voice. ...I told her how much I admired her strength and how I felt like a coward or baby for my pity party. She looked at me and said..."give it time...you just have to believe in you and redirect yourself. That is all." So simple. This woman who i am talking to in Walgreens next to the suntan lotion sale display...just offered me the most simple and truthful advice. I am certain my friends had told me this as well...but it was the way she said it. It wasn't even like she was convincing me to take her advice. It was just her being her.

The rain started to clear a little and I was fairly certain I would not die via lightning so I resumed my stride....squishy squeaky sneakers and all.

My detour in Walgreens was not expected of course and it was so incredibly random. And I can't say I left there thinking I was totally fine. I mean...breakups take time to get over. You just don't get advice and poof you're cured. But I did have a sense of optimism and a gem of advice from a stranger I will never see again. While I was trying to be the resident comedian to cover up my tears, she managed to help me with just a few words. Rejection is hard...not doubt about it. But she was

right...it is how we redirect those hard moments... where we come  
out on top and run right through the rain.