

DR. SHARON SALINE

When rejection feels bigger than the moment

Use this page after Dr. Sharon Saline's talk to slow down the story your mind is telling and choose one kind next move.

NeuroDiversions companion worksheet • based on Dr. Sharon Saline's talk

1. Separate facts from interpretation

Sharon asks us to check what actually happened against the meaning we added. Write the two parts separately.

The facts I can name:

The interpretation or fear I added:

2. Use STAR when the feeling rises

Sharon's STAR approach is **stop, think, act, and recover**. A pause can be enough to make the next choice less automatic.

Stop: What tells me I need a pause?

Think: What is the next right thing I want to do?

Act: One action I can take now:

Recover: What will help me come back afterward?

3. Take one small risk and practice self-compassion

Sharon suggests a challenge ladder: small steps build confidence. She also asks what you would say to a beloved person with a skinned knee.

One small step I am willing to try:

What I would say to someone I love:

What I can say to myself:

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