

# Attraction, Social Attraction, and Social Exclusion (Rejection)

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To attract more love and romance, hang  
artwork that depicts happy couples.

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# **EFFECTS OF REJECTION: INNER REACTIONS**

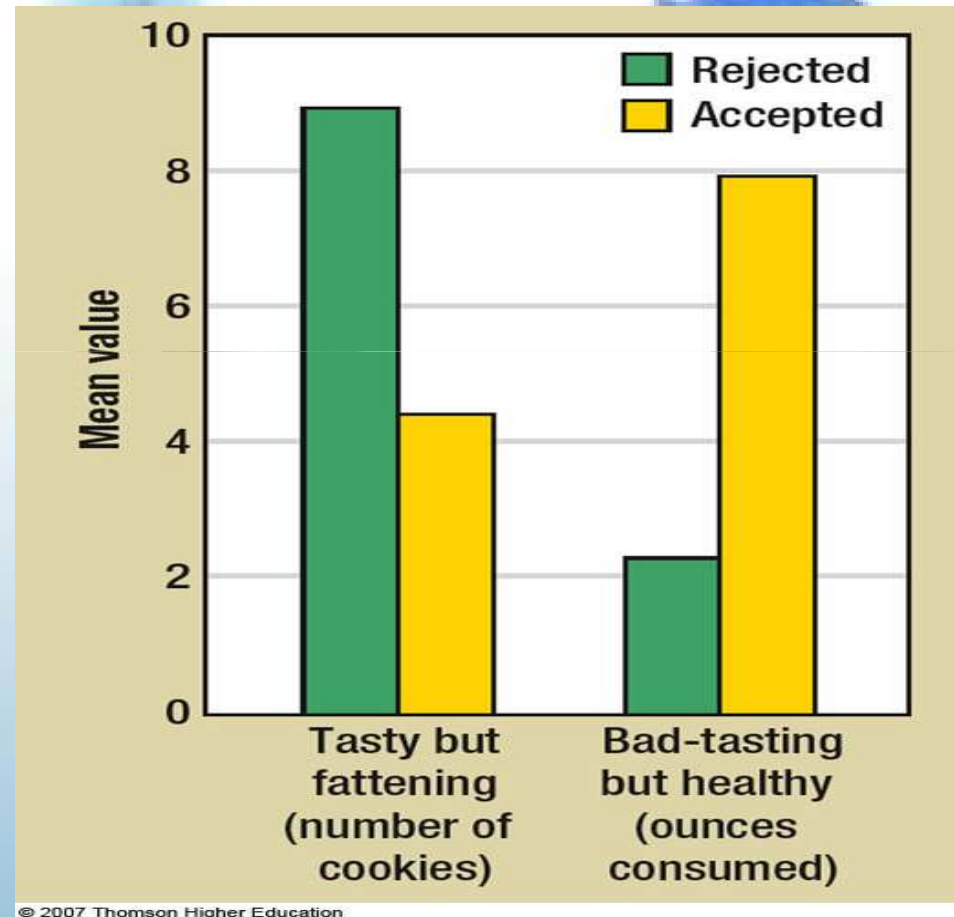
## **Extent of hurt feelings is based on**

- \*Importance of relationship**
- \*How clear a sign of rejection you receive**

## **Initial reaction to rejection**

- \* numbness- Interferes with psychological and cognitive functioning**
- Feeling nothing than sadness (Twenge , Catanese & Baumeister, 2003)**
- Means possibly rooted in biology; the body reacts to the pain of social rejection with the same response it uses to physical pain.**

# REJECTION WEAKENS SELF-CONTROL



# BEHAVIORAL EFFECTS OF REJECTION

- Show decreases in intelligent thought
- Approach new interactions with skepticism
- Typically less generous, less cooperative, less helpful
- More willing to cheat or break rules
- Act shortsighted, impulsive, self-destructive
- Repeated rejection can create aggression
- Aggression can lead to rejection
- Can contribute to violence. An analysis of 15 school shooters found that all but two had been socially rejected.
- Common theme in school shootings is social exclusion