Attraction, Social Attraction, and Social Exclusion (Rejection)

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Rejection (Social exclusion)
People exclude you from their group

Ostracism
Being excluded, rejected, and ignored

Effects of rejection
Inner states are almost uniformly negative
Social rejection

- Occurs when an individual is deliberately excluded from a social relationship or social interaction.

- The topics includes both:
  - *INTERPERSONAL REJECTION (PEER REJECTION)
  - *ROMANTIC REJECTION.
OSTRACISM

• Refers to being excluded, rejected and ignored by others.
• Much ostracism is informal and some targets do not know why they are being ostracized.

* Explicit and leave no doubt that we are the object of their displeasure
  Eg: (when our love ones ignore what we are saying, leave the room when we enter)

* Personal experiences tell us that irrespective of the form that ostracism may take exclusion and rejection by one is emotionally, cognitively, and behaviorally depleting, particularly when it continues over days, weeks or even years.