

why rebound relationships fail

why rebound relationships fail is a topic that has garnered significant attention in relationship psychology and popular culture alike. Rebound relationships often arise soon after a breakup, driven by a desire to fill the emotional void left by a previous partner. While these relationships might provide temporary comfort and distraction, they frequently do not stand the test of time. Understanding the reasons behind the failure of rebound relationships is critical for individuals seeking healthier emotional recovery and more stable romantic connections. This article explores the psychological, emotional, and behavioral factors that contribute to why rebound relationships fail, offering insight into common pitfalls and patterns. From unresolved emotional baggage to unrealistic expectations, the dynamics of rebound relationships reveal why many end prematurely. The discussion also includes the impact of timing, emotional readiness, and communication challenges. The following sections delve deeper into these aspects to provide a comprehensive overview of why rebound relationships fail.

- Emotional Unavailability and Unresolved Feelings
- Unrealistic Expectations and Comparisons
- Timing and Emotional Readiness
- Communication Issues in Rebound Relationships
- The Role of Self-Esteem and Personal Growth

Emotional Unavailability and Unresolved Feelings

One of the primary reasons why rebound relationships fail is emotional unavailability. After a breakup, individuals often carry unresolved feelings that prevent them from fully engaging with a new partner. Emotional baggage from the previous relationship can manifest as lingering resentment, sadness, or attachment to the ex-partner, which interferes with forming a genuine connection with someone new. Without processing these emotions, the new relationship tends to be superficial and temporary.

Lingering Attachment to the Previous Partner

Emotional attachment to an ex-partner can cause individuals to unconsciously compare their new partner to the previous one. This attachment may also limit their ability to invest emotionally in the rebound relationship, leading to dissatisfaction and eventual failure.

Inability to Grieve Properly

Proper grieving is essential for emotional healing. Rebound relationships often start before individuals have had adequate time to process the loss, which can cause suppressed emotions to resurface later, undermining the stability of the new relationship.

Unrealistic Expectations and Comparisons

Another significant factor contributing to why rebound relationships fail involves unrealistic expectations. Individuals entering a rebound relationship may expect their new partner to fulfill roles or provide emotional support that only time and trust can build. These inflated expectations often lead to disappointment.

Idealizing the New Partner

In an attempt to move on quickly, some people idealize their rebound partner, overlooking potential incompatibilities or red flags. This idealization can create an unstable foundation, as the relationship is based on fantasy rather than reality.

Comparing to the Past Relationship

Constant comparisons to a previous partner can erode trust and satisfaction in the rebound relationship. When the new partner is unfavorably compared, it increases feelings of insecurity and dissatisfaction, which often precipitate the relationship's end.

Timing and Emotional Readiness

Timing plays a crucial role in the success or failure of any relationship, especially rebound ones. Emotional readiness is a critical factor often overlooked by those entering a rebound relationship too soon after a breakup.

Rushing Into a New Relationship

Jumping quickly into another relationship without allowing sufficient time to recover can lead to poor decision-making and emotional instability. This haste often results in relationships that lack depth and long-term viability.

Need for Self-Reflection and Healing

Taking time for self-reflection and healing fosters emotional maturity and clarity, which are necessary for healthy relationships. Without this period, individuals may carry unresolved issues into the rebound relationship, causing it to fail.

Communication Issues in Rebound Relationships

Effective communication is foundational to relationship success. Rebound relationships frequently suffer from poor communication patterns, which contribute to misunderstandings and conflicts.

Lack of Honest Emotional Expression

Individuals in rebound relationships may avoid discussing their true feelings, including lingering pain from past relationships. This lack of honesty inhibits emotional intimacy and trust development.

Avoidance of Conflict

Rebound partners might avoid addressing conflicts to maintain the temporary peace, but unresolved issues accumulate, weakening the relationship over time.

The Role of Self-Esteem and Personal Growth

Self-esteem and personal growth significantly influence why rebound relationships fail. People recovering from a breakup may experience diminished self-worth, which can impact their relationship dynamics.

Seeking Validation Through a New Partner

Using a rebound relationship as a means to boost self-esteem can create dependency and unrealistic expectations. This need for validation often leads to unhealthy relationship patterns and eventual failure.

Lack of Individual Growth

Rebound relationships may hinder personal growth by distracting individuals from addressing their own emotional needs and goals. Without personal development, relationships lack a strong foundation for longevity.

- Emotional baggage and unresolved feelings
- Unrealistic expectations and partner idealization
- Premature timing and lack of emotional readiness
- Poor communication and avoidance of conflict

- Dependence on others for self-esteem and lack of personal growth

Frequently Asked Questions

What is a rebound relationship?

A rebound relationship is a romantic relationship that someone enters into shortly after ending a previous relationship, often used as a way to cope with break-up emotions.

Why do rebound relationships often fail quickly?

Rebound relationships often fail because individuals may not have fully processed their previous breakup, leading to unresolved emotions and unrealistic expectations.

How does emotional baggage affect rebound relationships?

Emotional baggage from past relationships can cause trust issues, insecurity, and communication problems, which undermine the foundation of a rebound relationship.

Can rebound relationships succeed long-term?

While less common, rebound relationships can succeed if both partners are emotionally available, communicate openly, and allow time for healing from past relationships.

What role does timing play in the failure of rebound relationships?

Timing is crucial; entering a new relationship too soon after a breakup can prevent proper emotional recovery, increasing the likelihood of failure in the rebound relationship.

How can individuals avoid the pitfalls of rebound relationships?

Individuals can avoid pitfalls by taking time to heal, reflecting on their needs and feelings, and entering new relationships only when they feel emotionally ready.

Additional Resources

1. *The Rebound Trap: Understanding Why Second Chances Often Fail*

This book delves into the psychological reasons behind rebound relationships and why they frequently end in disappointment. It explores emotional baggage, rushed decisions, and unmet expectations that often undermine these relationships. Readers gain insights into

recognizing rebound patterns and how to avoid common pitfalls.

2. Healing Before Loving: The Importance of Self-Reflection After Breakups

Focusing on the necessity of personal healing, this book explains why jumping into a new relationship too soon can be detrimental. It emphasizes self-awareness and emotional readiness as crucial factors for healthy future relationships. Practical advice and exercises help readers develop resilience and avoid rebound mistakes.

3. Emotional Hangovers: The Hidden Dangers of Rebound Romance

This title examines the emotional turmoil that follows a breakup and how it influences rebound relationships. It discusses attachment issues and the tendency to seek comfort rather than genuine connection. The author provides strategies for managing emotions and building healthier relationship foundations.

4. Love After Loss: Why Rebounds Rarely Lead to Lasting Happiness

Through case studies and expert interviews, this book investigates why many rebounds fail to bring long-term fulfillment. It highlights the contrast between temporary distraction and true emotional compatibility. Readers learn to distinguish between fleeting attraction and meaningful partnership.

5. The Psychology of Moving On: Overcoming the Rebound Relationship Cycle

This book offers a scientific perspective on why individuals fall into rebound relationships and how to break the cycle. It covers cognitive biases, emotional needs, and social pressures contributing to rebound behavior. The author suggests mindfulness and therapeutic techniques to promote healthier relationship choices.

6. From Heartbreak to Healing: Avoiding the Pitfalls of Rebound Love

A compassionate guide for those recovering from breakups, this book outlines common rebound relationship mistakes. It stresses the importance of setting boundaries and understanding one's own emotional readiness. Readers are encouraged to prioritize self-care and personal growth before entering a new relationship.

7. The Rebound Relationship Myth: Separating Fact from Fiction

This book challenges popular misconceptions about rebound relationships and why they are often stigmatized. It presents balanced perspectives on when rebounds can be healthy and when they are likely to fail. The author provides tools for evaluating one's motivations and relationship goals.

8. Quick Fix or False Start? The Real Reasons Rebounds Fail

Exploring the dynamics of rebound relationships, this book reveals the underlying issues that cause them to collapse. It discusses emotional avoidance, unrealistic expectations, and lack of genuine intimacy. The book offers guidance on how to build more authentic connections post-breakup.

9. The Art of Waiting: Patience and Growth After a Breakup

Highlighting the benefits of taking time before entering a new relationship, this book advocates for patience as a key to emotional health. It explains how rushing into a rebound can hinder personal growth and future relationship success. Readers are encouraged to embrace solitude and self-discovery during the healing process.

Why Rebound Relationships Fail

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why rebound relationships fail: Why Relationships Fail Steven T. Griggs, Ph.D., 2018-07-02

I've been a practicing psychologist in an outpatient setting for over thirty-two years. I run into eight conditions almost every day (addictions, anxiety, ADHD/learning disabilities, assertiveness, children's behaviors, mood disorders, relationships and self-esteem). Relationships are one of the most important of these in its own right, but in every one of the other seven areas, it, like self-esteem and assertiveness plays a huge role. Usually, when people have a good relationship, the problems in each of these groups diminish. A graduate professor once told me there are two things that either make or break people. One is employment and the other is having a good relationship. If you are reading this, chances are your relationship is in trouble. Do you suffer from the dysfunction of not communicating well? The symptoms vary but usually include fighting, withdrawal, icily staring at each other, avoiding contact, sleeping in separate bedrooms, or worse. You could be having an affair, even if it is just an emotional one. There could be substance abuse or domestic violence. These are all warning signs. Some are dramatic and harmful. Others are chronic and annoying. If you have any of these signs and your relationship is the cause, this ebook is for you. In this ebook, I start out with a discussion of the Four Stages of Relationships. Intimate relationships do not just happen. They evolve. Their progress and path is well understood. I go over this because without knowing the stages, it is hard to figure out where in the continuum you might be, and it is hard to recognize some of the issues that relate to each stage. I walk you through each stage, highlighting the issues that are characteristic of each. Next, I delve into the Deep Stuff. This ties what we learned early in life to what is happening in our relationships. This section covers Basic Assumptions and Transference. Don't worry. I define and give plenty of examples of each. You need this to get to the bottom of communication problems, especially in long-term liasons. One specific version of this is what I call Negative Loops. This is when one partner does something negative to the other, who in return does something back. Only, what the second partner does in return is the very thing that made the first partner upset in the first place. This unconsciously escalates with very bad consequences if each partner is not aware of the deep stuff. I give eight categories of Negative Loops, which covers ninety percent of the relationship cases I've seen in the office. How do we escape such traps? The next section covers Structured Communication. This is a NEW concept. This is my technique that all by itself fixes about forty percent of the problem dynamics. It's about communicating in a way that reduces tensions and increases insights. There's the basic version and the enriched version, which happens when we get good. Both involve just a couple of steps that most partners do not currently utilize. I outline the process and give examples. The enriched part builds upon the success of the basic part. This ties the whole process together and helps partners move beyond Loops. Once you are communicating effectively, and the air is cleared, the stage is set for the next section. This is where I introduce another set of ideas, some attitudinal, some philosophical. These are NEW concepts. This section clears up another forty percent of problems. In this section I talk about the 51/49 Rule, The Four-To-One Rule, Ego States, The Seven Deadly Words or Phrases and The Anatomy of Guilt. And, don't forget the Nine o'clock Rule. Lastly, I talk about why this ebook will work for you, but also when to seek a competent relationship therapist. This ebook is not written for folks who are just starting to date, unless there is communication problems from the start.. While we need to know this stuff, even at the beginning of a relationship, most people do not care because the beginnings of relationships are novel, fun, exciting and so on. In truth, if we know about what is

coming in relationships, the beginnings of relationships would be even better, but this is a hard sell for most folks. So, I don't try. This ebook is for folks who have a relationship that is going off track. It does not matter what race, religion, income level, sexual orientation or other aspects we bring to our relationships. We don't have to be married, just in relationships that are not doing well. I wrote this because people in my psychology practice wanted a manuscript to help them in therapy. I also wrote this for people not in therapy, who want a stand alone ebook that walks them through what I do in the office. I've found that this self-help material works very well. Again, if a therapist is needed, I tell you when to make the call. This latest ebook is 44 pages and is the probably the most relevant one I've written, to date, with the possible exceptions of the ebooks on Self-Esteem, Assertiveness. and most recently, Forgiveness. Clients are very enthusiastic about this ebook, probably because everyone can use some work on relationships. Like my other publications, this ebook has no fat. Think of it as a Cliffs Notes publication. It's sort of a quick read (about two hours for the first reading), because I have to explain some stuff using terms you probably haven't heard before. But it's all laid out in everyday language, just like what you're reading now. Nobody has published what I present as the glue that makes these concepts work. I think this is why my ebook does a better job. It's process as well as content driven. The theory I espouse is different from standard relationships literature in this field. It works better. I know, because I've been using it with clients for years. I've put together a hard hitting, direct How To manual. My research has not turned up another ebook that does what mine does.

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a roadmap to freedom, self-worth, and the possibility of building fulfilling and healthy relationships. If you like this book, write a review on google books!

why rebound relationships fail: You Can Win Your Ex Back Leanne M. Shine, 2012-09-13
The truth is any relationship that is truly special is worth trying to salvage. Anyone who tells you otherwise is wrong. It doesn't matter if you've already broken up and things seem like a lost cause. When it hurts as bad as I'm guessing it's hurting you right now, know that the pain you're feeling is your heart telling you that what you had was special and you don't want to lose it. But guess what: if you give up now or make all the wrong choices while trying to save it, you will lose your ex forever. This book has been written to help make sure that doesn't happen to you.

why rebound relationships fail: Painkiller Warren Mcfadden, 2023-04-20 Chapter 1 The Early Signs of Monkey Branching I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. Maya Angelou The definition of a monkey-branching relationship is similar to cheating. Monkey-branching occurs when people are considering other options while they are still in a relationship with their partner. They do this to place down a safety net and secure a backup plan in case something goes wrong in their current relationship. Essentially, a dumper that monkey-branches emotionally cheats on his or her current partner and eventually leaves for someone else. 1.They start gaslighting you. This is the definition of gaslighting: manipulate someone by psychological means, be aware when someone start's gaslighting you. When someone gaslighting you they are accusing you of something they are doing. They will accuse you of cheating because they themselves are cheating and monkey branching. 2.They change hobbies and activities. They don't want to be around you too much, the things you used to do together to Bond together they don't want to do it no more. Because they start losing interest in you and their mind is focusing on the new person that's taking your place. 3.They change their appearance. They start dressing better and smelling better, they start going to the gym and taking care of themselves, because with you they start to get complacent and become a couch potato. With you they didn't care how they got their hair fixed, they walked around in their dirty ass underwear or dirty black leggings or basketball shorts people have on for a long ass time. They probably walked around the house with that stank ass weave and that nasty hair bonnet on. They do not wash their hair, then all of a sudden they start improving their appearance. They start eating healthy and going on a diet. The reason for this is because they lose interest in you, you become boring and complacent. Nobody wants a boring relationship. 4.You catch them on dating apps This should be a dead giveaway, what you think they get on dating apps to do, they're not looking for a prince in shining armor on a dating app or Mr. Right on a dating app, they're looking for somebody to stretch out their vagina walls a little further. Nobody really goes on dating apps looking for love they go on dating apps looking for sex and in today's time it just like ordering pizza.

why rebound relationships fail: No Contact Myth Andreas Galster, 2024-08-31 Are you desperately searching for ways to win back your ex-girlfriend? I know you miss her, but you have to move on. I've seen this many times. Obsessing over your ex-girlfriend never ends well. Breakup coaches are overpromising what's possible after a breakup. If you want to be happy again, then you have to move on from your ex-girlfriend. Walk away and handle your breakup like a man — I'll help you to do it without feeling overwhelmed. The no contact rule to re-attract an ex-girlfriend is a myth. It often doesn't work, even when you become attractive again and improve your lifestyle. Yes, she'll notice it. But the moment that you're doing it for your ex, it's already backfiring without you even realizing it. How do I know? I am a breakup coach, and I've worked with men who wanted their ex-girlfriend back. Yes, sometimes this works, but often, it causes more problems than creating solutions. There are many problems trying to get back together with your ex-girlfriend. The sadness, the loneliness, the feeling of directionlessness and not having a place to call your home — all of this only goes away if you do no contact for yourself instead of for your ex girlfriend. There's a better way to deal with a breakup as a man. No contact is for moving on. Chasing your Ex Girlfriend is Killing your Chances at Becoming an Attractive Man and Starting a New and Improved Love Life I'm Andreas Galster, a breakup and relationship expert. In No Contact Myth, I'll explain why no man

should ever chase his ex-girlfriend. This book is filled with real-world experience, real stories, and real science that explains why the no contact rule is more myth than fact. You'll learn what breakup no contact experts don't want you to know. In this breakup book you'll discover: - The science behind why breakups hit men harder, why it's not as bad as most men think, and how to use this knowledge to your advantage - The real psychological reasons you're clinging to your ex-girlfriend, and how it explains why no contact works for very few men - How to overcome breakup anxiety and stop comparing yourself to her new boyfriend or the happy life that she's living - Practical steps to massive personal growth that don't revolve around winning her back, but make you attractive to other women - Techniques to rewire your brain and stop obsessing over your ex-girlfriend so you don't have to think week after week about all the things that went wrong - How to stop feeling lost so you can enjoy your life again, and begin to create a new, strong masculine identity after your breakup - How to get comfortable to date again and how to make it easier for you to start from scratch, even if you miss your ex-girlfriend Ready to finally break free from all the overthinking, the anxiety, the sleepless nights, the what if's and wondering how you can get her back? There's a much better no contact approach for men than trying to convince her to get back with you. Learn how to deal with a breakup the right way. Get your copy now to learn the secret to turning your breakup into a massive growth opportunity. This is the breakup help that's made for you. Healing from a breakup as a man is possible. Read No Contact Myth to regain your happiness and confidence after your breakup.

why rebound relationships fail: Killing Chaos Kyle Scott, 2020-09-16 The most critical component to solving a problem is correctly diagnosing the problem. In 2016, John Hopkins University School of Medicine published a study estimating hundreds of thousands die every year from a medical misdiagnosis, which led us to wonder: How many relationships could have been saved if the root cause of relationship conflict was correctly identified? What would happen if, instead of focusing on how to save the relationship, we focused on what caused the conflict in the first place? We suppose millions of relationships could have been saved. Killing Chaos was written to serve as a diagnostic manual for all those who wonder why their relationship suffers more than just the usual conflict. We recognize some want to not only preserve their relationship but also reduce the conflict in their relationships. This book was written for those who want to reduce the drama in their relationships through understanding. This book is for those who want to understand how their relationship became chaotic and continues to remain in chaos. Establishing and understanding the nexus between God and relationships is critical to developing a relationship with your family, friends, and significant other. This book was written to help others come to terms with how God sees their relationship, with the hope they will recalibrate expectations and move forward in a relationship with less drama.

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and self-discovery. Let's begin.

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A boyfriend for the weekend... A love of a lifetime? When Dr. McKenzie Wilkes's boyfriend dumps her before a family wedding, she desperately asks her colleague surgeon Ryder Andrews to take his place. There's a connection with Ryder she's never experienced before that she's determined to ignore... Until one unexpected and impulsive kiss puts paid to that! As passion explodes between them, could McKenzie be heading for wedding bells of her own?

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Attract the Love You Want is a smorgasbord of romance advice from how to attract the love you want to learning to be successful in love whether you are married or going through a divorce. Twenty-four power-packed chapters will teach you to find your soul mate, be the right soul mate, keep your love alive, rebuild intimacy, find forgiveness, or cope with divorce. After reading this insightful book, you will succeed in love by resolving conflicts with proven techniques rather than just good intentions and broken promises. Michelle literally saved my life. She gave me this book when I was in the depths of despair and it pulled me out of this deep pit. When I would falter, Michelle would hug me and say 'You can do this. You can survive this crisis. You can and will get up one more time. - LaSocca Wigfall, Medical Assistant Michelle's writing is very powerful, insightful, emotionally charged, convicting and comes from the heart. You come away with your self-esteem renewed. - John Waddell, Engineer

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Packed with new research, new interviews, and practical solutions, this updated and expanded edition of Next will equip pastors, ministry teams, and Christian organizations to navigate leadership changes with wisdom and grace. While there is no simple, one-size-fits-all solution to the puzzle of planning for a seamless pastoral succession, Next offers church leaders and pastors a guide to asking the right questions in order to plan for the future. Vanderbloemen, founder of a leading pastoral search firm, and Bird, an award-winning writer and researcher, share insider stories of succession failures and successes in dozens of churches, including some of the nation's most influential. The authors demystify successful pastoral succession and help you prepare for an even brighter future for your ministry. Includes a foreword by John Ortberg and an introduction by Eric Geiger and Kenton Beshore.

why rebound relationships fail: The Spiritual Truth Series Lucian Phoenix-Wolf, 2004-10
Have you ever had anything weird or unusual happen to you? You are not alone. Most people use religion to explain anything supernatural that may have happened to them. The author did this, and he soon found out how wrong he was. Finding the truth is a very freeing experience. This book is about opening your mind and finding out the power you have in your beliefs. I bet you would be surprised at what you could do if you just change how you think. That's right--you control what you believe. When you uncover the power that you have in your beliefs, you could do almost anything. All you have to do is accept the fact that truth is stranger than fiction.--Publisher description

why rebound relationships fail: Stuff I'll Tell You To Do That I Won't Do Myself Cara Ward,
Part self-help book, part memoir ... with a twist. Cara takes you through the events that have shaped her life - from an iatrogenic condition which left her housebound and compulsions that made her feel mentally isolated, to her struggles to communicate after trauma and her battle with anxiety. It includes some observations on life and the lessons she has learned from pain - but whether she takes her own advice is another story ... This book covers: ~ Anxiety ~ Disordered eating ~ The destructive nature of fear ~ Comparison in the age of social media ~ Identity ~ A new take on shyness ~ Dating ~ Growing up with red hair ~ Transformation ~ Panicking ~ Chronic skin conditions ~ Trichotillomania and dermatillomania ~ An (OVER) organised mind ... and much more. It is broken up into two parts, with the first part written in late 2019, and the second during the summer of 2020, and how the events of that year affected one thirty-something woman trying to navigate it all. She is not an expert on life - she is a mess.

why rebound relationships fail: Why Startups Fail Tom Eisenmann, 2021-03-30 If you want

your startup to succeed, you need to understand why startups fail. “Whether you’re a first-time founder or looking to bring innovation into a corporate environment, *Why Startups Fail* is essential reading.”—Eric Ries, founder and CEO, LTSE, and New York Times bestselling author of *The Lean Startup* and *The Startup Way*

Why do startups fail? That question caught Harvard Business School professor Tom Eisenmann by surprise when he realized he couldn’t answer it. So he launched a multiyear research project to find out. In *Why Startups Fail*, Eisenmann reveals his findings: six distinct patterns that account for the vast majority of startup failures.

- **Bad Bedfellows.** Startup success is thought to rest largely on the founder’s talents and instincts. But the wrong team, investors, or partners can sink a venture just as quickly.
- **False Starts.** In following the oft-cited advice to “fail fast” and to “launch before you’re ready,” founders risk wasting time and capital on the wrong solutions.
- **False Promises.** Success with early adopters can be misleading and give founders unwarranted confidence to expand.
- **Speed Traps.** Despite the pressure to “get big fast,” hypergrowth can spell disaster for even the most promising ventures.
- **Help Wanted.** Rapidly scaling startups need lots of capital and talent, but they can make mistakes that leave them suddenly in short supply of both.
- **Cascading Miracles.** Silicon Valley exhorts entrepreneurs to dream big. But the bigger the vision, the more things that can go wrong. Drawing on fascinating stories of ventures that failed to fulfill their early promise—from a home-furnishings retailer to a concierge dog-walking service, from a dating app to the inventor of a sophisticated social robot, from a fashion brand to a startup deploying a vast network of charging stations for electric vehicles—Eisenmann offers frameworks for detecting when a venture is vulnerable to these patterns, along with a wealth of strategies and tactics for avoiding them.

A must-read for founders at any stage of their entrepreneurial journey, *Why Startups Fail* is not merely a guide to preventing failure but also a roadmap charting the path to startup success.

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why rebound relationships fail: Leading the Rebound Douglas Fisher, Nancy Frey, Dominique Smith, John Hattie, 2021-03-18 Let’s make the next normal a better normal If there ever was a time for our heroic school leadership to persevere, it’s now. Because now, well over one year since the pandemic stretched the resilience and reserves of our school systems, it’s time to rebound. It’s time to leverage this once-in-a-lifetime opportunity to reboot teaching and learning as we know it so that we magnify the effective practices from the past while leveraging the so many recent lessons learned. This is where Doug Fisher, Nancy Frey, Dominique Smith, and John Hattie, coauthors of *The Distance Learning Playbook* series, are ideally equipped to serve as your collaborators. Inside *Leading the Rebound: 20+ Must-Dos to Restart Teaching and Learning* you’ll find immediate actions, mindsets, and approaches to take if we’re to reimagine and improve our schools and school systems. Step by step, you’ll discover explicit guidance on how to:

1. Take care of yourself
2. Take stock and find the path
3. Rebuild teacher agency
4. Rebuild collective teacher efficacy
5. Foreground social and emotional learning
6. Change the learning loss narrative
7. Guide teacher clarity
8. Ensure instructional excellence
9. Use assessments for a range of purposes
10. Design and implement interventions
11. Win back parent-teacher relationships
12. Establish restorative practices
13. Avoid stealing the conflict
14. Enhance teacher-student and student-student interactions
15. Develop early warning systems for attendance, behavior, and course completion
16. Confront cognitive challenges to learning
17. Ensure equitable and restorative grading
18. Enhance PLCs
19. Provide empathetic feedback
20. Host honest performance conversations
21. Maintain your social presence
22. Future-proof teachers and students

What’s more *Leading the Rebound* is backed up with all kinds of resources—including **VISIBLE LEARNING®** research, sample planning tools, and other essential tips and strategies—to provide you with a start-to-finish roadmap for navigating this absolutely critical next leg in our journey toward a better normal.

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