

REJECTION — the number ONE trauma we ALL face!



Rejection is WORSE than terminal CANCER. Terminal Cancer has an END DATE.

There is CLOSURE ... we (especially women) are better able to handle closure than Open-ended situations. Death is closure.

REJECTION is open-ended and has no closure. It stems from our CHILDHOOD.
The immediate response to our boundaries being violated in childhood brings us to a point in our spirits and in our subconscious minds that I know that I know that I know, that I am dirty, damaged, and different — and I feel that everybody around me knows it too!

With that in my subconscious mind, I set myself up for the potential of being rejected because something was wrong with me, that has caused this to happen to me.

We can trace the intense fear of rejection to our childhood — something that happened in our childhood — the messages that we heard — the things that happened to us — the traumas — things we were told by parents, peer groups, brothers, sisters, and so forth.

We ALL know REJECTION!

- Rejection from FRIENDS,
- Not being picked for the team,
- Not being the PRETTIEST girl for the boys,
- Struggling with our WEIGHT,

Then the deeper TRAUMAS of rejection from PARENTS, Or the rejection that comes from ABUSE (sexual, physical, emotional).

Some of the DEEPEST rejection is from our PARENTS ... a child knows his parents SHOULD love him! We also grow up hearing SO MANY negative statements about ourselves!

All of this causes us to believe:

- “I’m DAMAGED”
- “I’m DIRTY”
- “I’m DIFFERENT”
- “There is something WRONG with ME!”

We know babies learn through sight, touch, and audio. This is why they need to SEE and FEEL new things. Why they need to DISCOVER. And why do they ask SO MANY questions?

If we weren’t allowed to do this — to GROW and LEARN, to be uniquely “NORMAL” ... if we constantly heard the message that we are not WORTH the EFFORT to expand our KNOWLEDGE ... these EXPERIENCES will be filed in our REJECTION FOLDER (in our subconscious mind), from which we REACT and LIVE from!

Strengths vs. WEAKNESSES.

As a practical exercise, write down TEN positive character qualities in your life, and only TWO weaknesses! All the things you HATE about yourself have to do with your BEHAVIOURS. We are so heavily programmed/focused on our WEAKNESSES; that we can't find our STRENGTHS!

Despite the pain, we have survived — SURVIVAL is our strength. **When we bring that strength to maturity, our survival instincts become our MOTIVATION to achieve our GOALS.**

We need to be WASHED in the FATHER's LOVE for us. To KNOW we have VALUE because of HIS LOVE for us. And even in our MESS and ARRESTED development, we have STRENGTHS and qualities ... they just need to be MATURED and BALANCED!

For example, your STRENGTH may be CARING for others. Now because of REJECTION, you may care TOO MUCH ... but this is still a STRENGTH! You may be a CARETAKER, but with control because of FEAR. You need to grow and mature, to learn to care without control and manipulation — to understand godly/balanced caring for people is a tremendous strength.

Power of WORDS.

How MANY of you have had a COMPLIMENT in the past 24 hours? How did you receive it? Were you COMFORTABLE? **Saying “thank you” is so difficult because of SELF-REJECTION.** We do not see our VALUE. We do not see our STRENGTH.

Maybe you have a WEIGHT problem. To HIDE your self-rejection, you have to make a PLAN ... crack FAT jokes to DIFFUSE what others will say. I hurt myself FIRST so others have much LESS to say! Self-rejection is when you are afraid that people might say something that will HURT ... so you rather hurt yourself.

We always have more strengths than we have weaknesses. But we HATE the weaknesses we have and that is ALL we FOCUS on.

We spend HUGE amounts of TIME and ENERGY trying to AVOID rejection:

- We MANIPULATE
- We CONTROL
- Live in DENIAL ...

We all know the WAYS in which we deal with REJECTION. We become like the person we hate because of the injustice of maybe a parent who was stern and strict ...

Or maybe an alcoholic parent, and we hated what they did to us so desperately — that it took so much of our think-time — that we conformed to our think-time and became what we hated the most. Then someone says:

- “You’re just like your FATHER!”
- “You’re just like your MOTHER!”

That could trigger you into a huge reactive explosion! You say — “I hate that man! How can you say I am just like _____?!” We become like the one we focus on, and we pick up their negative traits, and that goes into our self-REJECTION folder ...

- **But ABBA יהוה put in us MORE pluses than MINUSES!**
- **This is the JOURNEY of MATURITY and GROWTH!**

Cancelling out the NEGATIVES.

The first word a child learns is the word “NO”! They hear it 40,000 times by the time they are five years old. In that age bracket of hearing all the negative messages and not hearing positive ones, there is a consistency of negative programming going into the subconscious mind — that programming will always stay with us. That becomes the basis of our reality.

We start out on negatives and then we maybe have something traumatic happen to us that violates our boundaries — we hear the messages from our family, friends, and peer group, that are making fun of us and putting us down. By the time we reach puberty, we wonder what is wrong with us, and we fear rejection because of all the negative messages we have heard.

- If you hear 1-3 POSITIVE messages a day — you will be able to RECALL them, but it will take some EFFORT to find them in your mind and bring them to your CONSCIOUS memory.
- If you hear 3-7 POSITIVE messages a day — they will FILTER through all the NEGATIVE buildup in your SUBCONSCIOUS ... but you will be able to RECALL them in your CONSCIOUS mind only when you NEED them.

- If you hear 9-11 POSITIVE messages a day — when you need them, they are there, and you almost will have to STEP over them to NOT use them!

Did you know?!

- **When we hear 1 NEGATIVE, it takes 7 POSITIVES to neutralize this 1 NEGATIVE!**
- By the time we are SIXTEEN, we have heard 173,000 NEGATIVE statements about ourselves by our family and peers.
- That's 29.6 (± 30) per day!
- We hear LESS than 2 POSITIVE statements per day about ourselves by the time we're SIXTEEN ... that's only 16,000 POSITIVE statements by SIXTEEN!
- And WE tell OURSELVES up to 16 NEGATIVE statements every day — "STUPID!" ... "You IDIOT!"

It's like servicing an ALTAR in our lives every day!

There is a lot of rejection that comes against us, making us wonder why we are the ones getting the negative statements. The messages we hear will mark us for a lifetime because they come from the people we trust — and out of the frustration of the people we trust — most of all, our parents who HAVE to love us. Children have this thought inside of them that their parents have to love them — the parents don't have a choice because I am their child, and they have to love me.

When parents don't give us the positive growth material we need, and we are disciplined out of negative statements rather than positive — and those messages are so plain to us on the subconscious level — we draw a bottom-line of all of these negative statements and conclude — "I am not worthy of acceptance, I am not worthy of making my own decisions, I am not worthy of love, I am not worthy of learning and knowledge", and so forth.

A child development through curiosity that loads the computer with knowledge, and the mind keeps on questioning — why, why, WHY?

If they are operating in the three senses of the audio, the visual and the feeling orientation, they have to touch everything because touch is the knowledge of a new sensation. For example, marble is slippery and smooth,

the carpet is fluffy, and so forth. Everything feels differently. We take these things for granted as adults, but a young child learns those things through asking questions, verbalization, and getting answers in the audio channel, and touching and feeling things — what is normal to the small child is a pain in the butt for us parents/adults.

For example — you follow the child around all day long keeping things from being broken.

A child, being compartmentalized, picks up one thing — when he sees something else, he drops what he had in his hand and picks up the next thing in his sight. What he had in his hand is now broken, but he has no idea what is going on.

When we were raised in homes where we were not allowed to grow and learn, then we get the constant message we are not worth the effort to learn and to expand our knowledge and to be normal. These messages go into the violation column under the column called REJECTION. We then have to learn as adults how to neutralize and how to reprogram the subconscious.

יהוה created us UNIQUE. That EACH of us are PRECIOUS, with a PLAN and a PURPOSE. That we know HIS LOVE, live in JOY, and find TRUTH!

REJECTION and SELF-rejection keep us in SHAME and UN-worthiness ... we CAN'T receive LOVE!

Can you IMAGINE the effect on your RELATIONSHIPS if EVERY DAY you gave SINCERE, positive feedback on how you VALUE them as a PERSON?!

HUSBANDS, take note of this for your WIVES. Your WIFE will BLOSSOM in you VALUING her for WHO she is, NOT for what she DOES.

Many times, in marriage, the woman needs to know that she is valued for who she is. Men have a tendency to value a woman by providing, bringing gifts, and performance — that performance laps over into the bedroom.

The woman gets the view of herself as a being, but not a person. Many times, she feels like she is just filling space on a shelf. When her husband needs the laundry done, he will run to the shelf, pick her up, put her down on the floor — she does the laundry and when it is done, he picks her up and puts her back on the shelf again.

When he wants to have intimacy in the bedroom, he picks her up off the shelf, puts her down on the floor, marches her into the bedroom — and when he is done, he puts her back on the shelf again.

The house needs to be cleaned, the children need to be fed and carted around — so, she is off the shelf and on the shelf — and so her life goes.

Husband feels that he is bonding with her and that they have a good relationship because he keeps on repainting the shelf every now and then — he lets her watch some television and brings her a gift while she sits on the shelf.

Men do not know how to value a woman for who she is on the inside. A husband will tell his wife she is beautiful, she looks great, but he never tells her how he feels about her as a person. He compliments her through the visual but cannot compliment and value her as a person — feeling orientation.

Husbands, at least once or twice a day, find something of VALUE in your Wife ... DON'T just compliment on how she LOOKS or what she DOES, but on how you FEEL about her as a PERSON! **REMEMBER, we VALUE the person FIRST ... and then we can VALUE the performance.**

Men, we know this is DIFFICULT for you — to recognize the little things a woman does in a relationship.

A man can really daydream in what he wants to accomplish — he has his dream structured in his mind as if it has come to pass. The wife pulls him back to reality — and this can also cause a conflict.

Women live in the reality of the here and now — where we are today. Men live six weeks out ahead of time, and that is why they don't see the little things that their wives are doing day-by-day, because they are so focused out in front — they cannot even express with appreciation what their wives are doing.

Another downside of men living in this dream world up to six weeks out in front, is that they express a lot of things to their wives about their dreams. They express it in present tense because in their minds it is already done.

The woman does not see it, but she goes along with it for a while — and then when her husband does not produce what he has been dreaming about — and this happens over and over again — then to her subconscious mind, he is

lying. He talks big, but he does not produce. He has the lack of ability to follow through on his dreams, desires, and goals.

Men need to flip into the reality of today and value and share an appreciation for all the things that their wives are doing for them every day — “How nice you looked on that day!”

We get so used to each other in our relationships and we don’t recognize a change of hairstyle or a new dress, and so forth.

In ALL relationships, cultivate a DAILY appreciation of each OTHER ... and watch what HAPPENS!

This is MY OPINION!

ARRESTED development and self-rejection cause us to be VERY OPINIONATED, and NOT OPEN to anyone other’s VIEW. Your OPINION (and my perception that I could be WRONG) is a THREAT and RE-ENFORCES my REJECTION!

Because we have REJECTED ourselves, and our value is based on PERFORMANCE in our SHAME-based families ... for us to have value, we HAVE to have all the answers. The more OPINIONS we have together with AGGRESSIVENESS, the lower the age of ARRESTED development.

But when I MATURE and walk in HEALING, I am able to act in LOVE:

- To see the VALUE of your opinion,
- To see from YOUR point of view,
- To be FLEXIBLE in my opinions,
- And to be okay having SEPARATE opinions!

How many confrontations have you had in your relationships that were not based on fact but were based on opinions and we escalated and got angry, screamed, and yelled, because we wanted our opinion to be the only opinion in the house. Everybody else had to agree and bow down to our opinion.

Maturity says this — as we grow up and become mature, then I will respect your opinion — this house is big enough for two or more opinions.

Your opinion is not threatening to me because ה'יהוה's at work HEALING my rejection — I know who I am — and it is not a matter of life and death.

If you value, the opinion of your spouse and allow yourself to step back a few steps and look at their opinion from their perspective and realize they see things differently than you do — then you as a couple can make a decision based on both their opinion and your opinion. You are then bonding and pulling as a team — your spouse can be valued and so can you.

The more mature we are, the less opinions we will have. We are more flexible to build relationships and friendships with people, without being intolerable and having to move them to my way of thinking.

Rejection is what you choose to think about. How am I going to handle rejection? I choose to believe I am on a journey working out my garbage and I am trying to be transparent, which allows me to be real. I realize not everybody is going to like me.

Rejection is NORMAL.

It's OKAY not to LIKE everyone — this is NORMAL. BUT! I can still have RESPECT for EVERYONE. I can RESPECT you as a PERSON of VALUE.

We cannot be compatible with everyone, but everyone can be viewed as okay. You and I may not get along well — and it is okay. I have respect for you as a person.

A normal balanced person will not reject another person for any reason. We may choose not to be their best buddy, but we can choose to deal with them with respect, dignity, and honour for them as a human being.

Rejection-avoidance governs more of our behaviour than what we suspect — i.e. we spend:

- More time,
- More energy,
- More talk,
- More fear,
- More adrenaline,

... in trying to keep from being rejected than if we went into the situation — handled the bit of rejection — and just moved on. We will spend hours thinking about the “what if” in a situation — worry ourselves to death — put ourselves down — our self-esteem in the toilet — just trying to avoid being rejected!

HEALING from SELF-rejection.

REJECTION from others is most often coupled with SELF-rejection. Most of us will STRUGGLE to look ourselves in the mirror, in the eyes, and say: “I LOVE YOU”.

If you struggle with that — that when you say it, your eyes drop — and you cannot look yourself in the mirror and give yourself respect, dignity and love, then you are NOT living under what the Bible says about your self-respect.

We are to LOVE our neighbour as OURSELVES. If we can't LOVE ourselves, we can't RESPECT and LOVE others! To REWIRE the SUBCONSCIOUS and walk in HEALING we need to SPEAK out LOUD!

Practical exercise.

If you are struggling with self-rejection, to REPROGRAM your subconscious — in the mornings, look yourself in the mirror and THREE times say — “I LOVE YOU”. You will probably have to do this for SEVEN days to just start and get comfortable with this.

Feelings of INADEQUACY.

Although we view our INADEQUACY feelings as UNIQUE and deeply personal, they are quite UNIVERSAL ... the FIVE things that ARREST our development will produce such predictable behaviours of REJECTION and feelings of INADEQUACY. Yet to us — as these feelings mull around in our conscious and subconscious mind — we feel we are the ONLY ONES that are struggling with this issue! Rejection gets easier with practice, because.

woven in with it will be some acceptance. If we feel rejected and stay away from all situations our law of averages for acceptance will do nothing. Woven into all the rejection we suffer in our lifetime there are some acceptance patterns — times that we are accepted. **If we wall-up and isolate, fear rejection to the point that it paralyses us, we have no potential for a little bit of acceptance.**

As we work through our issues, the pain of our childhood, and the pain of broken relationships, and we realize what was the root of that pain — why do I react this way — **we will find that the pain and trauma is the key** — not the fact that we are bad people, or that we are different, dirty, or damaged.

When we realize that there is a source to our pain — and the source is not my character — the source is not who I am — I can remain intact.

And if I am willing to take the risk and be prepared to work on relationships and start to come out of pain — and start becoming “un-paralyzed” — start relating and building friendships — we will find that the rejection factor will diminish, and the acceptance factor will start to grow.

When we start to see responses to our growth and to our ability to walk through our pain — and we become more transparent — this will bring acceptance even despite the pain of our backgrounds.

When you face your fears, trauma, and shame from your past and take responsibility for the wrongs you have caused — and for your wrong reactions to what happened to you — you will not fear rejection anymore.

The garbage is behaviour, but maturity brings balance — separating behaviour from who we are as a person. I reject my old behaviours, but I accept who I am today.

We spend HUGE amounts of energy trying to avoid being rejected:

- We will manipulate,
- We set up things,
- We will AVOID relationships,
- We will AVOID confrontations,
- We will AVOID feelings,
- We will AVOID needs,

- We will AVOID desires,
... all this just to keep from being REJECTED!

HOW do we REACT to REJECTION?

1. GIVE UP as a VICTIM

We really come to a point in certain areas of our life where we give up on ourselves. We give up on relationships when we are victims, and we will settle for second best — we give up on the fact that we are worthy of having the very best — **יהוה's Number 1 Plan.**

For example, you may have had a man in your life at some time that treated you well, respected you, and treated you with dignity and honour — he was able to communicate with you and wasn't interested in just using you in the bedroom, and so forth.

You really wanted to be in that kind of a relationship — and yet because of what's happened to you and how you feel about yourself — you either blew that relationship away — or dated for a period and then backed-out of the relationship yourself. You were afraid that if he really knew all about your childhood pain — if he really got to know you — because of the victimization of your childhood and further sexual abuse in your life — you believed that if he ever found that out, he would break your heart and leave. You then abandoned yourself and felt that you were not worthy of a good relationship.

Remember, our negative traits manifest themselves in behaviours and we think we ARE our behaviour. **Our behaviour is one thing, but our value is another. Our value is based on our undeveloped character.**

When we get born with our brand-new computer (our subconscious mind), and:

- We are raised in a loving balanced, caring home with a good belief system,
- Are treated with honour and respect,
- Are not told “don't” all the time,
- Are shown things when we were curious,

- If things were talked through when there was stress in the family,
- And we were living in a balanced home,

... Our character would develop despite the negatives — because in a balanced home, the family knows how to deal with the negative factors in life.

In a balanced home the child is safe. If something happens on the outside of the home — like a molestation or rejection, abuse of some kind, and so forth — the child in a balanced home can come home and talk to the parents about that. The parents will help the child in a supportive way, to work through the issues and make sure the child is okay and intact.

If we are in a home where we can't talk about these things — we live with that rejection and self-abandonment for a lifetime, until someone helps us understand that the bad thing did happen to us — BUT we were a victim, and it wasn't about us! It was the problem of the person who did it to us, and we ourselves were still intact when it happened. You need to learn to stop taking responsibility for the things that happened and stop abandoning yourself and start to move ahead and realize that even though you had crazy acting-out behaviours due to your arrested development and all the pain in your life — that was behaviour, and you have character that has never been developed! Maybe this truth will only be told to you many years later, after the pain — for the truth to be received and for you to believe, it could take a few years! You will need to hear this message repeatedly until your subconscious mind believes that you were intact, and it wasn't about you — it wasn't because you were deficit!

When we abandon ourselves:

- We LOOSE self-control,
- We SUBMIT to emotions (are driven),
- We are DRIVEN by desires,
- We are DRIVEN by impulses,

And all the above are unreliable!

We are looking for a reality check coming from damaged emotions.

If we abandon ourselves, our behaviour will start to skew-out because of the self-abandonment and the spirit of rejection — we believe that something is

wrong with us by the way that people have treated us in various ways through our lifetime.

You need a reality check to show you have character! **יהוה programmed character traits into your DNA by HIS Design — they may be under developed, but they are still there.** The purpose of this teaching is to help you understand that the character traits are there, and they can be developed. **The development of your character traits comes through life skills** — learning how to grow up and release the stuff that we are hanging on to that we think is really us — and it isn't — it is our package of victimization that we can let go of.

2.SELF Abuse

The Self-abuse is FRUSTRATION for how we have been HURT. It is ANGER turned inwards. It is taking RESPONSIBILITY even though you are an adult living with this PAIN.

In taking the BLAME upon us, we HATE and ABUSE ourselves. We SELF-examine ourselves:

- “Did I attract that person?”
- “It was MY fault!”
- “I shouldn't have _____”

Self-abuse leads to DESTRUCTIVE cycles of B.E.E.P.S. to cope with the PAIN — drugs, alcohol, eating disorders, etc. **You are ANGRY with yourself for not being able to get CONTROL of your life.** You believe — “I am not WORTHY of a GOOD relationship.” So, you find SOMEBODY that is at the BOTTOM of the barrel, you will RESCUE them — and then they HAVE TO love you!

You DRAW someone to you with the SAME brokenness as yourself because spirit DRAWS spirit — your self-abandon and hate yourself, and because of your FRUSTRATION, get into all kinds of addictions ... you THEN set yourself up for FAILURE.

3.SELF Accusation

If we have had something that happened to us as a child — a trauma of some kind — we then take responsibility subconsciously for everything that goes wrong in our life and the people that are close to us. We call ourselves to account for everything we have ever done. We will do something, and it may

be right — you may get up and give a speech — you may work on a project at work — you may do something very well — but when you go home, you beat yourself up and feel like a fool.

Somebody could just say something small about what you said and did — nothing important — and it throws you into a tizz! We look at the down-side risk on everything — no matter what we do, we look at the down-side risk. We are always accusing ourselves for something, taking responsibility for other people's behaviours — we are calling ourselves to account for everything we have ever done.

4.SELF Annulation

This is something we do MENTALLY — we reduce our own VALUE to ZERO in our own minds. Someone may be asking you about your job — they BELIEVE in you and know you are CAPABLE ... but you suddenly feel totally INADEQUATE and too AFRAID to get involved. You don't even ANSWER — "Nobody CARES anyway! If I did say something, they wouldn't LISTEN to me anyway!" We have ANNULATED ourselves and reduced our value to ZERO.

5.SELF Betrayal

We share TOO MUCH in a relationship (WOMEN do this especially), and then fear — "I spoke TOO MUCH!" If we feel the person, we shared with was not ready, we feel even WORSE! In ABUSIVE relationships, the person we shared with will use this to MANIPULATE and HURT — even "blackmail" to keep control ... and TRUST is continually BROKEN.

6.SELF Condemnation

Self-condemnation is being responsible for the woes of the world. For example — "I wish I had never been born because it is after I came into the world that Dad and Mom started having problems". You condemn yourself and take responsibility for the breakup of your parents.

If you have gone through a divorce and you talk to your children, you will find that they will have taken all the guilt for the break-up. Self-condemnation makes you take the responsibility for all that goes wrong in the world, in the family, things that go wrong between brothers and sisters, things that go wrong on the job when you grow up, etc.

You fear the rejection — so if something goes wrong on the job, you immediately feel guilty and think — “What could I have done that would have made things different?”

Another example could be — friends died in a car wreck, and the rejected person takes full responsibility for their death. The rejected person struggles with thought — “If I had only done that ... he would still be alive”.

We take responsibility for things that are not our responsibility. Taking on other people’s “monkeys” to look after when it is not your responsibility. We then condemn ourselves for not doing what we think we should have done — this always happens when we have hindsight. Foresight is a little blurry — but hindsight is 20/20, and we tend to judge ourselves harshly.

Fearing rejection also causes us to not make decisions — a lot of our decisions are made by indecisions — but our hindsight is fantastic! It is almost like we get a perverse pleasure in tearing ourselves down.

What we do is we get into self-criticism — we know our shortcomings and we think they are so evident. We think because our behaviours are so evident, that the lack of our character qualities (that are yet undeveloped) is evident too — and so we make an excuse for being alive.

There is no reason to make an excuse and apologize for drawing breath — but rejection will do that to us. In self-deception, we see the need for us to survive as a different person than we really are. It is the development of a dual-personality — it is not schizophrenia; this is a SURVIVAL personality.

For a practical exercise — take 15 minutes and write down who you could be if all things were equal.

- “I am a person who like to set goals.”
- “I am a person who likes people.”

We deceive ourselves when we voice the self-criticism to survive. We almost mask some false virtues and false personal qualities that we would like to have, but we don’t know how to have them, and nobody has helped us to have them — **so we display a dualness that is very confusing to other people. We can also call it a hypocritical mask — it is not to destroy anybody, but because of the fear of rejection.** We can build this mask over the front of what we really perceive ourselves to be, and we have good short-term friendships and relationships that may last from two/three weeks to six/seven months. As

we get to know the other person, we start picking them apart to bring them down to our level of comfort — when we start doing this our masks start to slip a little bit and so we back out of the friendship and/or relationship.

We are afraid to be vulnerable and transparent because we know they won't like who we are because we don't even like who we are — so we develop a mask and we act like we have some character traits and virtues, and some nice things that we could have if we could develop our maturity and develop our personality, without having to live with this constant fear of rejection.

The potential is there, but it is undeveloped. **It gives us a dualness that makes people uncomfortable to be around us because we say one thing, but we behave not quite congruent with what we say. Always REMEMBER — actions speak louder than words!** The verbal spoken word is only 7% of overall communications. 93% is tone of voice and behaviours that follow up with what we say.

7.SELF Defeat

We ASSUME rejection before it HAPPENS!

8.SELF Denial

We will refuse to consider that our needs and our desires are valid. To keep from being rejected, we will end up meeting everybody else's needs — we will end up caretaking.

We will spend money, energy, and even get angry at how we go to the extents we do, to do something for someone else. It could be for our children, or for our spouse, or a friend — we will sacrifice ourselves to not be rejected in that relationship — but we never feel that our needs or desires are valid.

With our rejection base, we believe our needs should be trashed because everybody else's are so important — to the point that we will yield our own happiness to make it nice for somebody else, so we won't be rejected — and then we go back and get angry with ourselves — "I am worth nothing! The only value I have is what I can do for someone else". The more we do for somebody else, the more they will allow us to do things for them! Finally, our relationships are "energy suckers"! There is always a dominant (Jezebel) and always a passive (Ahab).

If we fear rejection so greatly and we are hooked up to somebody that is an energy sucker, there will never be a finish line for us who suffer from rejection — it will always be one more thing that we will yield and do because my needs are not important, and I have annihilated myself to feel that I have no value — my only value is to perform for somebody else so that they will not trash me.

9.SELF Despair

If we have suffered enough REJECTION we will live in SELF-DESPAIR and hopelessness, and a lack of confidence.

10.SELF Destruction

We have annihilated ourselves to the point that we feel we are worth a ZERO — we have trashed our own needs, and performed and given to somebody else who did not appreciate us.

An example — many times women who are in an abusive relationship will turn to their pastor for help and not to a professional therapist. Many times, the pastor will send the woman back to her abusive husband and tell her to perform harder and submit more 14 — keep a better house, cook better meals, dust more, redecorate the house, and so forth ... and then she will win him over. The pastor thinks he has done יהוה a favour — but the pastor has just played into the husband's dysfunction, and she has even less of a finish line. She does not allow herself to be happy. She bases her value on serving someone else — serving an energy sucker.

She then becomes self-destructive to the point that many women (and men) go into the feelings of suicide ...

- What good am I?
- I cannot do anything right.
- I will always be rejected.
- There is no hope for me.
- I reach out, but I don't get help.
- The best is just to end it all.

She goes into depression and thinks about suicide often because of the hopelessness of the rejection — and add to that, rejection has no termination date!

11.SELF Effacement

We finally start believing the lies about ourselves and we become shy and withdrawn — we won't take a risk — we don't want to meet new people. This is the invisible person — the inconspicuous person.

The one that ends up doing a lot of the dirty work — the one that is always in the background — the one that's picked last for the team, we withdraw and live a life of fear.

We just go with the flow and hope there will be some crumbs that fall off the table that we can have.

We are hopeless about our situation and believe things will never change — you will never get out of this place.

12.SELF Humiliation

INFERIORITY — we have SOME needs, but rather WITHDRAW and not care for ourselves. SADLY, religious systems (including the CHURCH) play into this — if you do something for yourself, you go into a GUILT TRIP because you are ACCUSED of being SELFISH, even if you are taking care of your own needs, or doing something for the FAMILY that is needed ...

13.SELF Justification

We recognize our SHORTCOMINGS — but being afraid of REJECTION, we start to JUSTIFY our behaviours, our goals, and make excuses for WHY we do the things we do.

“Woe is ME!” — “יהוה knows I TRIED!”

We will justify our behaviours for survival — it is the hope that we have that things aren't as bad as we think they are. We will verbally express our pain repeatedly, but only in our minds — to keep us from going suicidal, to stay alive, to keep from going into deep depression. We live on the hope of a better day this afternoon, a better day tomorrow. We think somewhat positively to survive but we speak negatively, looking for help.

14.SELF PITY

We dwell on sorrow and misfortune, and we seem to harp on tragedy — we are always NEGATIVE. **People tend to avoid you because they hear the same story repeatedly ...**

15.SELF PUNISHMENT

Because our basic needs of love and acceptance are being met, we punish ourselves by drinking, fighting, etc. Men especially, will set themselves up to be punished now as adults, for things that happened when they were children.

16.SELF RENUNCIATION

Giving up on your goals, objectives, on the future, and willing to live just one day at a time without reaching out and having hope. **We let go of our dreams, of our desires, and live in hopelessness because of rejection.**

17.SELF REPRESSION

Self-repression is our keeping our feelings and desires inside because we trash our own needs in performance for someone else, so we can have value. We will not communicate our needs, our dreams, our desires, our thoughts, our wishes — we will not let anybody know that we have these things. If we don't have these things met in our lives, we will express our needs through frustration.

We can even use sex as a weapon — if my husband does not communicate with me, then no sex! What we must understand is that if we have been rejected, then sex is not the answer — neither for males nor females. If you do not express your needs, or ever learn to express them, then you expect your spouse to guess what you need. Ladies need to understand very clearly that men cannot figure out a woman's needs. A woman's needs are foreign to men! Women are bi-lateral in their thinking — they are sensitive, intuitive, and so much more. Women can identify their needs! Men need lists — they have to have something to conquer — they can't conquer "guesses" and frustrations — they need ladies to express their needs. Rejection makes people afraid to identify their needs.

18.SELF RIGHTEOUS

We become narrow-minded and judgmental. We have more answers than there are questions — **this is part of the mask we wear because we fear our opinions are going to be rejected.**

So, we have many opinions, and we force them on to other people and make them try to conform to us and our standards — but we can't even conform to our own standards! So, we end up being a martyr. The self-righteous person who has suffered guilt and shame and heavy rejection, ends up being a martyr.

Remember, REJECTION is what you CHOOSE to think about!

When you get REJECTED, run one of these THREE thoughts through your mind:

1) It HURTS, but no big deal.

- It's NOT TRUE on your part.

The person REJECTS you — but you remain in LOVE and transparency. You try to be OBJECTIVE and OPEN, to understand where they are coming from ... whatever THEIR reason for rejecting me — I remain INTACT and FLEXIBLE. A friendship can be built if the other person is prepared to LET GO and MOVE ON.

2) It HURTS, but no big deal.

- It's NOT TRUE on your part.

The person rejecting you is STRONG, controlling, and OPINIONATED ... and NOTHING you could do can CHANGE their mind. **It's THEIR way or be REJECTED.** MEN do this more than WOMEN. **This happens when you can't SEPARATE behaviour/opinions from VALUE. The person believes that in rejecting their OPINION, you have REJECTED them as a PERSON.**

3) It HURTS, but no big deal.

- It's TRUE on your part.

What they have said is TRUE — it IS one of my flaws ... however, I am working on it — I am dealing with my issues — but I know that I have more strengths than weaknesses.

I am trying to develop my character. They may be right — maybe I have just now got a reality check in my life and never had it sooner — the person has given some constructive input, and I may feel rejected and have feelings, but they are right.

However, this situation/conflict is an opportunity — if we use it — to look at ourselves and get a reality check — to be honest and transparent with

ourselves, to be objective ... maybe there are some areas that I need to look at?

Do not take up any rejection, or view the situation as you are being trashed, and go into an emotional toilet, and then depression.

Even if the conflict involves some real rejection, painful experiences/conflicts are not necessarily always negative. A painful experience can have many beneficial outcomes.

It is usually when things are at their darkest that we experience the most growth. We do things for reasons — conscious and subconsciously. Our behaviours are ego-payoffs. Many times, we may be rejected for our ego trips — maybe in some areas of our lives where we experience success, we feel we are further than what we really are. When you hit a crisis, you then realize you are not as strong and as stable as what you thought you were — you suddenly again experience a lot of childish feelings/emotions and behaviours that you thought you had already dealt with — you thought those feelings were faced and sorted — but now they are suddenly all back! You feel very disappointed in yourself because you had a different view of yourself and your progress on the healing journey, than what is reality. You must make a list of what you see and feel in yourself, that is still connected to arrested development, and then you use the crisis as a stepping stone and not a gravestone. Dealing with your ego is very difficult for males and females alike.

What will they THINK of ME?

This is the number ONE feeling of rejection. We are conscious of this walking down the STREET, at WORK, when we PLAY, in all our RELATIONSHIPS ... we always have our GUARD up. There are generally TWO ways we deal with this:

- ATTACK,
- Or ESCAPE!

They are both IMMATURE ways of COPING, but they WORK.

1.Escape

We end up NOT DEALING with taking responsibility for OUR PART of the issue, and have no CLOSURE ... I ESCAPE from conflict RESOLUTION, anger, and REJECTION ... this then becomes a HABIT.

2.ATTACK!

We are like a DOG in a CORNER. We're ANGRY to hide our FEAR of REJECTION.

Our SUBCONSCIOUS mind sees rejection as an intense form of COMMUNICATION — it becomes our MIRROR because we don't know who we are. We start believing that MIRROR and we MIRROR ourselves off our spouse's PAIN and take it for the TRUTH.

- **REJECTION is a tremendous force of COMMUNICATION.**
- **REJECTION can be a form of MANIPULATION — “If you don't PERFORM, I will detach”.**
- **REJECTION is a strong form of PUNISHMENT.** Religious groups (Quakers, Amish) will PUNISH by SHUNNING. They have learnt that the quickest way to break someone and to bring him to crisis, is for the mass to reject them. Our need for acceptance is so great that we will do ANYTHING, meet any need — even split our identity to keep from being rejected. **We will pay ANY PRICE because rejection is worse than terminal cancer.**

How to SURVIVE REJECTION.

1) Identify feelings of anxiety and depression.

We THINK at 1,300 words per MINUTE but speak only at 200 words per MINUTE ... so SPEAKING how you feel SLOWS you DOWN, so that you can PROCESS your fears and FEELINGS. Journaling and writing down your feelings also HELP. You can then make CHOICES one-by-ONE. Remember, CHANGE is a CHOICE!

2)Identify patterns and symptoms.

REMEMBER everyone is UNIQUE and we EACH have our PERSPECTIVES! However, the PATTERNS of breakdown, FEAR, anxiety, and DEPRESSION are very diagnosable because we are PATTERNED creatures. Use the PATTERNS and SYMPTOMS as fruits to lead you down to the ROOT.

3)Support groups.

Remember you NOT ALONE! We are ENCOURAGED to not FORSAKE our coming together, for PRAYER and WORSHIP. As you SHARE, you'll find OTHERS who are STRUGGLING with the SAME things — these are UNIVERSAL issues!

This helps with the HEALING process:

- Knowing you're not the ONLY ONE (you're "normal").
- You can ask for SUPPORT from others in the COMMUNITY.

4)Make the CHOICE!

The HEALING process begins with a CHOICE to QUIT feeling shameful and living in GUILT, and to CHOOSE to deal with your PAIN!

5)Reinforce SELF esteem.

Despite our BEHAVIOUR — we have VALUE! יהוה the REATOR programmed character traits into your DNA ...

They may be UNDEVELOPED character, but the abilities are THERE. **The PURPOSE of this teaching is to HELP you understand that the CHARACTER traits are THERE and CAN be developed!**

6)Take a RISK!

Not RISKING is a sure sign of WITHDRAWING. If we WITHDRAW because of FEAR of REJECTION, we end up with "NO! NO! NO!" all our lives because we never asked for HELP.

7)It's OKAY to make mistakes!

If we are not able to RISK and be okay with FAILURE (making MISTAKES), we will NOT make any PROGRESS!

Did you know Thomas Edison FAILED 10,000 times! He had this to say about his failures — **"Those weren't FAILURES! I now know 10,000 things that don't WORK!" Because of our FEAR of REJECTION, we FEAR failure. Be OKAY with LEARNING from your MISTAKES/failures.**

In our relationships we are afraid to fail because of the rejection factors in our life — because of the pain and childishness and many other reasons. We need to take risks and move forward and **understand that a "NO" is not terminal**. A "NO" is a "NO" and we go on, take some more risks — and we grow and get to

the point that hearing a “NO” is not such a bad thing — it is just a fact and not a rejection.

Be conscious of when you are letting other people determine your behaviour. In other words, being a people pleaser to keep from being rejected. Be aware when you are a determiner or a reactor. We should always be in control of our lives and be making Godly choices — you can do something ... or you can choose to do nothing.

8) Say NO to self-pity!

Self-pity does have a PAY-OFF ... we feel like we have POWER, but all we are getting is NEGATIVE attention. BUT it doesn't last long. Self-pity does TWO things:

- **We believe negative attention is better than NONE.**
- **It builds walls, so we don't have to be TRANSPARENT.**

We wear a MASK and make everyone think we are OKAY, but they can SEE right THROUGH! We enter our PAIN but can't handle it, so we go back to PITY. We get sick of PITY and enter our PAIN. This BACK and FORTH sets us up for REJECTION!

Victims of domestic VIOLENCE will tell their story REPEATEDLY. People STOP wanting to hear — this puts them in a DOUBLE-BIND of rejection. Rejection in the HOME and rejection OUTSIDE the home — they end up being a VICTIM repeatedly because they can't get out of SELF-PITY.

This leads to the STOCKHOLM SYNDROME — the victim becomes DEPENDENT on the PERPETRATOR for LIFE and won't risk their own life to help with their own RESCUE.

The same thing happens in relationships — people get so taken up with PITY and VICTIMIZATION and FEAR, that when someone tries to HELP, they rather stay in PITY (a perverted SAFETY zone) than CHOOSE FREEDOM.

We want to ENCOURAGE every person who is stuck in this kind of relationship to get out of the PITY-PARTY and to start to live a life of JOY, knowing that you are INTACT! It does not matter what happened to you in the PAST... you are WORTHY of acceptance and TOTAL healing and RESTORATION in YAHUSHUA!

9) Forgive YOURSELF.

STOP taking responsibility for those ACTIONS that were NOT your fault, or actions that happened BEFORE the age of ACCOUNTABILITY — you were a VICTIM!

REMEMBER, if we reject ourselves, we will reject others!

Take responsibility for your crazy ACTING-OUT behaviours due to your ARRESTED development, but REMEMBER that that was BEHAVIOUR, and doesn't diminish your VALUE and CHARACTER (that hasn't been developed)! When we realize there are ROO issues to my PAIN, and the SOURCE is NOT my character or PERSON — WHO I AM — we can remain INTACT, be WILLING to RISK, and be prepared to work on

RELATIONSHIPS and come out of our PAIN.

For this TRUTH to be RECEIVED may take a FEW years!

You will need to hear this message REPEATEDLY until your SUBCONSCIOUS mind BELIEVES you were INTACT, it wasn't YOU — but your BEHAVIOUR. When we FACE our pain and make the CHOICE — we start becoming “UN-PARALYZED” and start relating and BUILDING friendships ... we find that the REJECTION factor will diminish, and the ACCEPTANCE factor will start to GROW. **When people see our GROWTH and NEW RESPONSES — our TRANSPARENCY — these will bring ACCEPTANCE even despite the PAIN. When you FACE your fears, trauma, and SHAME ... and take RESPONSIBILITY for the wrongs YOU have caused — for your wrong REACTIONS to what happened to you ... you will NOT fear REJECTION anymore!**

REMEMBER, the GARBAGE is behaviour ... but MATURITY brings balance and knowing how to SEPARATE our behaviour from who we are as a PERSON ... I REJECT my old behaviours but ACCEPT who I AM today!

Keep in mind:

1.95-96% of the issues we deal with as adults and in our relationships are rooted before the age of twelve for girls and thirteen for boys.

2.We spend the rest of our life trying to get somebody to help us close the book on those issues — and the last person that can help us do that is our spouse.

3.The moment we get them to try to change and finalize these chapters in our lives, we put our spouse into a parent role and then we rebel against what we have created. We need a third person to help us in these areas.

• If we are above the age of thirteen years, we need to be able to handle every issue in our life, adult-to-adult. But if we have childish, immature issues that go back before the age of accountability, then the issues will be unresolved — we will marry and be drawn into a relationship trying to get our partner/spouse to close the book on that childish area of our life. We go into child-mode and put them into a parent-mode — and our relationship ends up being one of rebelling against each other because we are not in an adult-to-adult relationship.

4.Your SPOUSE will NOT heal you! They will NOT be able to FULFILL your DEEP longings — ONLY ABBA FATHER can!

5.Do NOT try to FIX your spouse! You CANNOT! Do not make a counsellor out of your partner — it will backfire on you because you will go into an emotional role-reversal, the boundaries will blur, and you'll rebel. We rebel against the person we have put into that “parent” role to close the book, because the subconscious can't tell the difference whether this is truly my “parent” or my spouse.

You have PERMISSION!

- **We give you PERMISSION to LET GO of REJECTION!**
- **We give you PERMISSION to LET GO of SELF-ABANDONMENT!**
- **We give you PERMISSION to MATURE and make DECISIONS and walk in the BLESSINGS that come from the FATHER!**
- **RECEIVE good communications!**
- **Receive GOOD relationships and MOVE FORWARD in development and GROWTH of WHO ABBA has made you!**