

REJECTION

1) Merriam-Webster: the state of being rejected.

a) Rejected- to refuse to accept, consider, submit to, take for some purpose, or use; to refuse as lover or spouse (Merriam-Webster).

2) Rejecting others-----> A DEFENSE BEING USED:
INSULATED FROM PAIN:

Rejection, fear of humility, fear of
love, fear of control, etc.

Being rejected by another----->

3) Rejection may be experienced through the following: (not exhaustive)

- Judgements/being judgmental
- Superiority—words, attitudes, actions
- Criticism/critical spirit
- Isolating self—saying ‘no’ too often, not letting others in, wont share personals.
- Harsh talking
- Gossiping
- Demandingness
- High expectations—continually falling short
- Legalism—too many and/or too rigid rules

4) Brings shame on the person rejecting (morally wrong) and the rejected (I'm too flawed to accept).

5) ≤-----•----->

SOFT	SCALE OF INTENSITY	OBVIOUS
(takes many x's To notice.)		(1 event finalize.)