

# The Rejection Wound

Susan Peabody

“If you have the rejection wound, it is because, when you were a child, you were not responded to when you reached out for connection with parents, other adults, or peers. You weren't appreciated or liked enough. People pushed you away, ignored you, or weren't available when you wanted to connect with them. Your peers may have chosen other kids to be friends with. These rejections made you feel that you weren't lovable or even likable, and that there was something wrong with you that made other people not want to connect with you.” *Self-Help Journal*

In my opinion, the rejection wound is worse than the abandonment wound. Abandonment can happen accidentally when a parent gets sick or dies. Rejection is an outright message to the person being rejected. My mother told me more than once, “I don't like you because you remind me of my mother.” Ouch!

Between my mother and my peers at school, I carry the rejection wound around like a hot iron. It is burning my hand. I have to remember that God has not rejected me. In fact, I am one of his favorites. LOL Friends are nice, but not as fulfilling in the long run as the love of your Higher Power.

How do you know if you have a rejection wound?

- When someone rejects you, you are not just sad, you fall into despair.

- You feel suicidal when rejected.
- When you are rejected you experience age regression and feel like the child that experienced the original rejection . . . and all the pain that goes with that.
- You hang on too long to a toxic relationship rather than feel rejected.
- When you need to reject a toxic person, you feel abnormal guilt.
- You are a serious people pleaser to avoid even the slightest rejection.
- You refuse to reject people even when they are bad for you because you project your own fear of rejection on to others. This is unhealthy loyalty.
- When you do reject someone, even when you do not like them or they are not right for you, you try to get back together with them rather than feel the rejection withdrawal.
- You cannot let go of a relationship, no matter what you are suffering.
- You avoid relationships rather than face your fear of rejection.
- You are ambivalent about relationships because of your rejection wound.
- You reject someone before they can reject you.

I do not think complete healing is possible when it comes to some childhood wounds, but everybody is different. However, I do know how to get the hurt to subside when you get rejected.

Consider the following . . .

1. Get in the habit of accessing yourself. We take other people's opinions far too seriously, especially when they trigger the rejection wound.
2. Look at the bright side of rejection. You finally got that toxic person out of your life. Now you can start to find people who affirm you just the way you are.
3. Make a list of your positive traits. If you have low self-esteem make this a detailed list.
4. Stop trying to be perfect. No one is perfect. We are perfectly imperfect and live in the shadow of God's perfection.
5. Pick your friends and lovers carefully. Discard people early on if they do not like you and are always trying to fix you.
6. Accept yourself as a work in progress. Create a list of affirmations about yourself.
7. Stop comparing yourself to others. You are special in your own way and this is the attitude you must have about yourself.
8. Look to your Higher Power for validation, not flawed human beings. God adores you; understands you; sees you; likes you; loves you; never rejects or abandons you.

## **The Promises of A.A.**

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

From the *Art of Changing*

To the Seekers of a Higher Power

Answer the door,  
When you hear the knock.  
It will be a faint sound,  
Somewhere deep within your heart.

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