

Possible Symptoms of Rejection

Driven to be Free of Rejection Assessment

The following is not an exhaustive list of rejection-based thoughts, behaviors, and ideas. Use this sheet as a tool to guide you in areas where you may need to seek the Lord for clarity, freedom, and truth.

Self-Rejection

- Self-hate
- Belief of unworthiness
- Self-harm
 - Cutting
 - Biting
 - Burning
 - Over Exercise
 - Starving
 - Hitting
 - Pinching
 - Overdose
 - Dangerous situations
 - Suicidal thoughts or actions
- Refusal of God-Given identity, embracing false identity
- Inability to laugh at self (take mistakes very seriously)
- Feels at fault even when not responsible for issues
- Inability to see reflection in a mirror without loathing self. (Can hate mirrors)
- Seek approval from others but never feel approved
- Refusing comfort
- Refusing affirmation
- Regurgitating mistakes in mind over and over until it is tormenting
- Refuse to forgive self
- Statements of self-rejection:
 - I'm stupid.
 - I never learn.
 - I'll never be good enough.
 - I don't measure up.
 - I'm not needed.
 - People are better off without me.
 - No one could ever love or want me.

Biblical examples:

- ✓ 1 Samuel 10 – Saul
 - ✓ Exodus 4:10 – Moses
 - ✓ Judges 6:15 – Gideon
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Rejection of Others

- Starved for love but have a hard time receiving it when offered.
- Suspicious (often first response is suspicion)
- Keep people at a distance
 - May either get close and then get afraid of push people away or
 - Refuse to trust or ever get close to people
 - Throw up invisible walls to keep people out (rejection and other defense mechanisms)
 - Walk around with hard bad attitude exterior to ward off people who might get too close
 - Develop issues like obesity to keep harmful people away
- Rejection of others before you can be rejected.
- Difficult time showing love to some
- Reject groups of people through association :
 - Hatred of races, genders, or people groups based on the experience of a few from that group. e.g.: A brown man rapes a white girl and she associates all brown people as harmful. A white boy beats up a black mother and her children see all whites as harmful. An overbearing mother wounds her son until he despises or is afraid of women and rebels at the first sign of control.

Biblical Examples:

- ✓ Genesis 29 - Leah and Rachel/Jacob and Laban
- ✓ Genesis 4 - Cain and Abel

Comfort Scripture: Psalm 27:10 When my father and my mother forsake me, then the LORD will take me up. KJV

Rejection of God

- Ashamed of identity
- Feel overlooked
- Disobedience
- Blame Go
- Refusal to believe His Word applies to you
- Believing accusations about God
- Unbelief
- Refusing Jesus
- Mocking the Truth
- Anger toward God
- Unforgiveness toward God

- Rebellion against God or authorities He has placed in your life
- Attributing attributes and actions to Him that are not in His character

Biblical examples:

- ✓ Matthew 9:34 – Pharisees
- ✓ Matthew 26:47 - Judas
- ✓ John 18:25 – Peter

Comfort Scripture: Romans 8:31 What shall we then say to these things? If God be for us, who can be against us? KJV

Rejection-based Feelings & Behaviors

- Feel excluded/unaccepted
- Hurt when told you need to improve or when corrected
- Depression
- You feel like people do not believe you or in you
- Fear of being Rejected
- Feels like everyone is accepted or most are accepted except for you or those you love
- Rejecting hiding or compensating behaviors like: Class clown when feeling rejected, getting louder, or wilder. (Some take rejection and go inward and hide, some push past it to compensate and cover it with going “outward.”
- Fear of being Abandoned
- Apathetic
- Making a mistake feels unbearable
- Feel like a disappointment
- Insecure
- Hopelessness
- Self-pity
- Easily offended
- Want to hide
- Self-Condemning
- Eating Disorder
- A broken heart
- Loneliness – feel all alone
- Feel like you do not matter
- It feels like people are talking about you...and not in a good way
- Embarrassed easily
- Feels like you’re the one always left out

Biblical examples:

- ✓ Ahab with the vineyard
- ✓ Disciples when arguing about how was greatest maybe?

Comfort Scripture: Isaiah 49:15 Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. KJV

Rejection based thoughts & reasoning:

- You do not feel loved, even if someone says they love you.
- You feel like you are always on the outside looking in.
- Low self-image (no matter if you read the Word and what God says, you can't wrap your mind around the truth)
- You expect to be let down or get hurt
- You have a difficult time expressing your needs.
- No one understands and/or cares
- You feel like there is no one to protect you
- You know you cannot trust anyone
- Even when faced with the truth, it is difficult to accept even if there is evidence present.
- People are afraid to tell you what they think because of how you might respond.
- If others are recognized or given a gift, or if you are "forgotten" it is very personal and wounding.

Environmental and Circumstantial Events

Circumstances that may sow Rejection early on:

1. Unwanted pregnancy
2. Unwanted gender
3. Conceived out of wedlock, through rape or other trauma
4. Perceived Rejection from others
5. Abuse (Verbal, Physical, Sexual, Neglect, Spiritual, Emotional, Ritual)
6. Overhear others saying rejection-based comments
7. Favoritism in Family
8. Authorities misusing authority
9. Comparison to others
10. Name Calling
11. Not bonding with a parent at birth
12. Unwanted by a parent or person of influence
13. Parental refusal to give instruction, correction, or care to child
14. Adoption or threat of adoption
15. Abortion or threat of abortion
16. Orphan (in the natural or orphan spirit)

If you find that you are entertaining rejection-based thinking or being tormented by the enemy, we recommend going through the resources, teaching videos and helpful handouts at www.2theriver.com/Rejection

You are already accepted! Rejection will break off when the truth comes in and sets you free! You are wanted, accepted, and celebrated by Jesus! (John 3:16)