

REJECTION: ARE YOU GOOD ENOUGH?

Don't, don't you want me? You know I can't believe it when I hear that you won't see me.

Don't, don't you want me? You know I don't believe you when you say that you don't need me.

...Human League

WHAT TO KNOW!

- ❖ Rejection is the deliberate exclusion of a person from a relationship or interaction
- ❖ It is painful since the need for belongingness is fundamental according to Maslow
- ❖ While rejection is an inevitable part of life, it becomes significant: when it occurs to a person with a high need for acceptance, when it is consistent, and when it is frequent
- ❖ Some people have *rejection sensitivity* which according to Karen Horney is a tendency to feel deep anxiety and humiliation at the slightest criticism and rebuff
- ❖ People frequently personalize rejection taking it to mean that they are unworthy, unwanted, or incompetent
- ❖ Being frequently rejected can lead to depression, loneliness, substance abuse, low self-esteem, suicide, submissiveness, and aggressive behaviors
- ❖ Peer pressure which results from a fear of not being rejected by the group was found to be a factor in all but two of 15 cases of school shootings between 1995 and 2001
- ❖ Rejected people can often become very cautious and fearful of expressing themselves for fear of being disapproved of by others and find it hard to assert themselves
- ❖ Rejected people often seek to be included with others and will pay more attention to social cues, act more likable, be more compliant, and conform to other people
- ❖ Rejected people are constantly concerned with the reactions of others and have doubts about their own competence and self-worth
- ❖ Common characteristics of rejected people include a shaky self-identity, unassertiveness, passive-aggressive behaviors, dishonesty with themselves, dependency, and having been told or feeling like they are second best
- ❖ Rejection hurts not only emotionally but physically as research has shown that the areas of the brain that signify physical pain are active at moments of intense rejection
- ❖ Rejection is mostly temporary and often done by people who probably don't even know the person they are rejecting
- ❖ Rejection can be beneficial in that it could motivate people to evaluate themselves, find others with common interests, and learn to improve their negative qualities

WHAT TO DO!

- ❖ Accept that rejection is a normal part of life and it happens to everyone no matter who they are and what status they have
- ❖ Don't take it personally; put things into proper perspective
- ❖ Rejection means only that one person was not interested in you and that others may be interested in you
- ❖ Seek out healthy, positive contacts with others
- ❖ Use rejection to your advantage by learning how you can make yourself better
- ❖ Evaluate your behaviors and improve them where needed
- ❖ Feel good about yourself for at least trying even though you were rejected
- ❖ Seek professional help if being rejected leads into depression, isolation, substance abuse, suicidal thinking, loneliness, etc.

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067