

HOW TO CONQUER CODEPENDENCE

HOW TO REMOVE FEELING REJECTED

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How to Remove Feeling Rejected

- 1 Think back to a recent time when you were upset with someone - tell the story.
- 2 What was your emotional reaction (sad, angry, frustrated, ignored, etc.)?
- 3 What does it mean that they didn't do these things or care for you?
 - Do you conclude that they don't care about or for you?
- 4 What kind of person doesn't get cared for?
 - Do you conclude that it is someone who isn't worthy of being cared for?
- 5 What is your first memory of not being cared for?
 - Tell the story - how old were you and what happened?
- 6 Are there other possible reasons this person didn't do what they said they were going to do?
 - Could it be they were sick, scared, busy, had a family tragedy, they don't know how to communicate their thoughts and feelings...?
 - List all of the possible reasons.
- 7 What this teaches us about us:
 - Do you see we are reacting to our perception, our interpretation of what might have happened, not what actually happened?
 - Did you notice we always choose the worst one and the one that says we are unworthy of love and care?
- 8 Did you notice we didn't consciously choose this interpretation, but it came to us automatically?
- 9 That is childhood trauma. We don't respond to the present moment. We respond to the pain from the past and the direct or indirect messages from our caregivers that left us feeling unworthy of care.
- 10 That means something inside us still believes we are not worthy of care and respect.

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- 11 That also means that we are responding as the hurt child and not the present-day adult in nearly every situation in life. We are effectively 2, 4, 6, 8, 12..years old almost every day of our life no matter what our adult age is. We are lacking compassion for ourselves and don't believe we are worthy of care and respect.
- 12 Make a declaration- "From this day forward I will love and accept all of my perfect imperfections and repeatedly remind myself that I am always worthy."
- 13 The good news is that we can recognize it is not valid after doing this exercise. That no matter how unworthy we feel, we all still have access to our true soul and authentic self. It is never lost and can be reclaimed.
- 14 The better news is that we now see our reactions to the problems in our life are there to heal us.
- 15 The best news is that we realize we are doing this to ourselves, it gives us the power to become an expert and learn the knowledge, skills, and tools to change and heal.