

Fear of Rejection

September 9

In my early addiction, I was consumed by rejection as I rejected everyone around me. My home was without plants, pets, or family. I had too few friends and came home each day to utter isolation. To others, my way of life appeared normal. Few would ever suspect the underlying problem, a horrific fear of rejection.

Although I anticipated hurtful words, my body language and facial expression projected indifference.

Many of us experience this same fear both in and out of recovery. Some people isolate and use protective rituals while connecting with others with hesitancy and only do so from time to time. Others replay messages of confidence, hoping to soften our expectations of rejection, but we are still sure rejection will come.

The fear of rejection often stifles any hope for emotional growth, but what can we do to change how we feel?

The Steps are tools of action that work to change our perspective and reject fears that, for many, appear real. Because we *believe* in these fears, they become self-fulfilling.

Real or imagined, we deserve to examine rejection with compassion.

Instead of expecting rejection and letting it incapacitate us, we use the power of inner-knowing and make decisions based on a broader perspective. Rejection doesn't have to define us. Rarely, if ever, is it an indication that we are flawed, as everyone experiences rejection as a normal part of life.

Used constructively, rejection can signal the need for a deeper, kinder attention to ourselves. By acknowledging our fear of rejection, we change our thinking by seeing rejection as our personal exercise in detachment—and we let it go.

We trust our Higher Power, clean our house of false beliefs and confusion, and help others.

One day at a time we let go of rejection. We are confident, and understand rejection is fleeting. This too, Shall Pass.

TODAY'S MEDITATION

Dear God, please help me to live each day without fearing rejection. Give me the power to change the things I can and leave the rest with you.

“Most fears of rejection rest on the desire for approval from other people. Don’t base your self-esteem on their opinions.”—Harvey Mackay

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