

Title:

Does the Fear of Rejection Control Your Life?

Word Count:

711

Summary:

Jay sought my help because he wanted to get married and have children, yet the relationship of

Keywords:

fear of being rejected, rejection

Article Body:

Jay sought my help because he wanted to get married and have children, yet the relationship of

When I first started to counsel Jay, he was very quiet. It felt like pulling teeth to get him

^Jay, something seems to be in the way of your spontaneity. Are you aware of how carefully you

^Yes.~

^There must be a good reason you do this. Do you know what that is?~

^I don't want to say the wrong thing. I don't want to make a fool of myself.~

^And what are you afraid will happen if you say the wrong thing or make a fool of yourself?

^I will be rejected.~

^So most of the time in conversation your intention is to avoid rejection?~

^Yes. I'm terrified of rejection. I will do anything to avoid it.~

^Jay, what are you telling yourself it means if someone rejects you?~

^It means that they don't like me because I'm inadequate and unworthy.~

^So in your mind, everyone, especially attractive women, have the power to define your adequacy?

^Yeah, I guess so.~

^So when you are with women, your intention is to have control over how they feel about you so

^ I guess I'm just inadequate.~

^Jay, how old do you feel when you are being so careful about what you say? How old were you w

^I guess when I was about 14, when I started being interested in girls. I wanted to make sure

^What made you believe that they wouldn't like you if you were just you?~

^Well, for one thing my older brother was always putting me down, telling me I was a dork.~

^So you learned to believe that you were not okay for who you really are ~ that you had to pre

^ Yes, I think that's correct. I always feel that I have to impress people.~

^Jay, when you then get rejected, aren't they rejecting your created ego self rather than your

^Yes, I don't think that who I really am is good enough. So I always have to be careful about
^Yet the few times in our sessions when you have forgotten to watch what you are saying, you a
As Jay did the inner work to reclaim his beautiful essence, his true Self, his fears of reject

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