

On Facing Rejection in Relationships



Rejection... No one likes it!

No one likes to face rejection, but at some time in our life we probably will.

Most of us enjoy and appreciate being connected with those whom we have a mutual concern for. It is difficult when someone you care about decides they are no longer interested in being a friend or in a relationship with you.

Some Causes

Many times there is miscommunication. For some, there is no room to discuss misperceptions, unmet expectations, nor to reach a compromise regarding your differences.

Many hold un-forgiveness and grudges in their heart, which leaves no room for reconciling. They feel they are right and you are wrong.

Asking for forgiveness /Admitting you are wrong ...does not always work toward reconciliation.

Yes, even admitting that we did or said something wrong, at times, gets us no further ahead. You would think that admitting your wrong and asking for forgiveness would resolve the rejection, but not everyone is so understanding nor receptive.

Trying harder to explain yourself or resolve issues at times leads to further and deeper rejection rather than renewal. Rather, the other person may feel that you are disturbing them, which drives them further from you, which is the exact opposite of the response you were seeking. This can be frustrating and confusing, and lead you to shut down in despair.

Lack of clear communication

It is sometimes difficult to see things from the other person's perspective. If the other person is unwilling to communicate their view and needs, this lack of communication shuts the relationship down. Assuming and trying to mind read generally leads to an inaccurate response by both parties involved.

Moving on

Although anger and sadness at the loss are common, moving on emotionally takes time. The length of time depends on such factors as intensity and length of the relationship, the quality of times shared, personality, individual characteristics, and previous similar losses.

The worse response is to stuff the pain you are feeling.

Rather, consider the follow responses...

1. Talk over your feelings with someone trusted who will listen to your pain and support you through the hurt.
2. Focus on others who will provide the love and assurance you are seeking
3. Keep yourself preoccupied with other activities.
4. Exercise
5. Grieve your loss
6. Come to terms that the relationship/friendship is over
7. Learn what you can from the experience
8. Change any of your behaviors that may have contributed to the rejection
9. Chose whether you will try to make new relationships or stay to yourself.
10. Pray for strength, guidance and comfort.
11. Remember, although rejection is painful, most of us will go through it several times in different ways in our lives. You are not as alone as you feel.