

Part 3 - You are Not Rejected You are Accepted

By Laurence Torr



10 Surprising Facts About Rejection

Reference Site

<https://www.psychologytoday.com/blog/the-squeaky-wheel/201307/10-surprising-facts-about-rejection>

10 Surprising Facts About Rejection

1. Rejection piggybacks on physical pain pathways in the brain. fMRI studies show that the same areas of the brain become activated when we experience rejection as when we experience physical pain. This is why rejection hurts so much (neurologically speaking). In fact our brains respond so similarly to rejection and physical pain that...

2. Tylenol reduces the emotional pain rejection elicits. In a study testing the hypothesis that rejection mimics physical pain, researchers gave some participants acetaminophen (Tylenol) before asking them to recall a painful rejection experience. The people who received Tylenol reported significantly less emotional pain than subjects who took a sugar pill. Psychologists assume that the reason for the strong link between rejection and physical pain is that...

3. Rejection served a vital function in our evolutionary past. In our hunter/gatherer past, being ostracized from our tribes was akin to a death sentence, as we were unlikely to survive for long alone. Evolutionary psychologists assume the brain developed an early warning system to alert us

when we were at risk for ostracism. Because it was so important to get our attention, those who experienced rejection as more painful (i.e., because rejection mimicked physical pain in their brain) gained an evolutionary advantage—they were more likely to correct their behavior and consequently, more likely to remain in the tribe. Which probably also explains why...

4. We can relive and re-experience social pain more vividly than we can physical pain. Try recalling an experience in which you felt significant physical pain and your brain pathways will respond, "Meh." In other words, that memory alone won't elicit physical pain. But try reliving a painful rejection (actually, don't—just take my word for it), and you will be flooded with many of the same feelings you had at the time (and your brain will respond much as it did at the time, too). Our brain prioritizes rejection experiences because we are social animals who live in "tribes." This leads to an aspect about rejection we often overlook...

5. Rejection destabilizes our "Need to Belong." We all have a fundamental need to belong to a group. When we get rejected, this need becomes destabilized and the disconnection we feel adds to our emotional pain. Reconnecting with those who love us, or reaching out to members of groups to which we feel strong affinity and who value and accept us, has been found to soothe emotional pain after a rejection. Feeling alone and disconnected after a rejection, however, has an often overlooked impact on our behavior...

6. Rejection creates surges of anger and aggression. In 2001, the Surgeon General of the U.S. issued a report stating that rejection was a greater risk for adolescent violence than drugs, poverty, or gang membership. Countless studies have demonstrated that even mild rejections lead people to take out their aggression on innocent bystanders. School shootings, violence against women, and fired workers going "postal" are other examples of the strong link between rejection and aggression. However, much of that aggression elicited by rejection is also turned inward...

7. Rejections send us on a mission to seek and destroy our self-esteem. We often respond to romantic rejections by finding fault in ourselves, bemoaning all our inadequacies, kicking ourselves when we're already down, and smacking our self-esteem into a pulp. Most romantic rejections are a matter of poor fit and a lack of chemistry, incompatible lifestyles, wanting different things at different times, or other such issues of mutual dynamics. Blaming ourselves and attacking our self-worth only deepens the emotional pain we feel and makes it harder for us to recover emotionally. But before you rush to blame yourself for...blaming yourself, keep in mind the fact that...

8. Rejection temporarily lowers our IQ. Being asked to recall a recent rejection experience and relive the experience was enough to cause people to score significantly lower on subsequent IQ tests, tests of short-term memory, and tests of decision making. Indeed, when we are reeling from a painful rejection, thinking clearly is just not that easy. This explains why...

9. Rejection does not respond to reason. Participants were put through an experiment in which they were rejected by strangers. The experiment was rigged—the "strangers" were confederates of the researchers. Surprisingly, though, even being told that the "strangers" who had "rejected" them did not actually reject them did little to ease the emotional pain participants felt. Even being told that the strangers belonged to a group they despised such as the KKK did little to soothe people's hurt feelings. Still, the news is not all bad, because...

10. There are ways to treat the psychological wounds rejection inflicts. It is possible to treat the emotional pain rejection elicits and to prevent the psychological, emotional, cognitive, and relationship fallouts that occur in its aftermath. To do so effectively we must address each of our psychological wounds (i.e., soothe our emotional pain, reduce our anger and aggression, protect our self-esteem, and stabilize our need to belong).

By Guy Winch

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Explain Some of my back ground on rejection

Hebrews 4:14-16 ¹⁴ Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.

¹⁵ For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.

¹⁶ Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Isaiah 53:1-5 Who hath believed our report? and to whom is the arm of the LORD revealed?

² For he shall grow up before him as a tender plant, and as a root out of a dry ground: he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him.

³ He is despised (**disesteem**) and rejected of men; a man of sorrows (**grief and pain**), and acquainted with grief: (**anguish**) and we hid as it were our faces from him; he was despised, and we esteemed him not.

⁴ Surely he hath borne our grief's (**sicknesses**), and carried our sorrows (**anguish pain**): yet we did esteem him stricken, smitten of God, and afflicted.

⁵ But he was wounded for our transgressions, (**sin**) he was bruised (**beat to pieces break**) for our iniquities: (**sin perversity**) the chastisement of our peace was upon him; and with his stripes we are healed.

Luke 13:34-35 ³⁴ O Jerusalem, Jerusalem, which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not!

³⁵ Behold, your house is left unto you desolate: and verily I say unto you, Ye shall not see me, until the time come when ye shall say, Blessed is he that cometh in the name of the Lord.

John 1:11-12 ¹¹ He came unto his own, and his own received him not.

¹² But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

Mark 6:1 And he went out from thence, and came into his own country; and his disciples follow him.

Mark 6:2 And when the sabbath day was come, he began to teach in the synagogue: and many hearing *him* were astonished, saying, From whence hath this *man* these things? and what wisdom *is* this which is given unto him, that even such mighty works are wrought by his

hands?

Mark 6:3 Is not this the carpenter, the son of Mary, the brother of James, and Joses, and of Juda, and Simon? and are not his sisters here with us? And they were offended at him.

Mark 6:4 But Jesus said unto them, A prophet is not without honour, but in his own country, and among his own kin, and in his own house.

Mark 6:5 And he could there do no mighty work, save that he laid his hands upon a few sick folk, and healed *them*.

Mark 6:6 And he marvelled because of their unbelief. And he went round about the villages, teaching.

Jesus Sends Out the Twelve Apostles

Mark 6:7 And he called *unto him* the twelve, and began to send them forth by two and two; and gave them power over unclean spirits;

Mark 6:8 And commanded them that they should take nothing for *their* journey, save a staff only; no scrip, no bread, no money in *their* purse:

Mark 6:9 But *be* shod with sandals; and not put on two coats.

Mark 6:10 And he said unto them, In what place soever ye enter into an house, there abide till ye depart from that place.

Mark 6:11 And whosoever shall not receive you, nor hear you, when ye depart thence, shake off the dust under your feet for a testimony against them. Verily I say unto you, It shall be more tolerable for Sodom and Gomorrha in the day of judgment, than for that city.

Mark 6:12 And they went out, and preached that men should repent.

Mark 6:13 And they cast out many devils, and anointed with oil many that were sick, and healed *them*.

Proverbs 4:23 Keep thy heart with all diligence; for out of it *are* the issues of life.

Mark 7:15 There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.

Mark 7:16 If any man have ears to hear, let him hear.

Mark 7:17 And when he was entered into the house from the people, his disciples asked him concerning the parable.

Mark 7:18 And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, *it* cannot defile him;

Mark 7:19 Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats?

Mark 7:20 And he said, That which cometh out of the man, that defileth the man.

Mar 7:21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

Mark 7:22 Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness:

Mark 7:23 All these evil things come from within, and defile the man.

2 Corinthians 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Ephesians 1:3 Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ:

Ephesians 1:4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

Ephesians 1:5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

Ephesians 1:6 To the praise of the glory of his grace, wherein he hath made us accepted (**to grace, that is, indue with special honor: - make accepted, be highly favoured.**) in the beloved.

Ephesians 1:7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;