

Affective Center for Therapy

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NO ONE HAS EVER REJECTED YOU!

Have you ever rejected someone? Was that person a danger to you personally or emotionally? What were you trying to do when you rejected that person? Get them out of your life, sure, but what was the purpose of getting them out of your life? What were you trying to accomplish by getting them out of your life? Was it about you taking care of yourself?

When you rejected that person, was it your way of setting boundaries, taking care of yourself, protecting yourself or maybe, it was just about your need to move on? If this is true, then you are saying that the “rejection” was all about you, not the other person.

If rejection is about a person taking care of themselves, then there is no such thing as rejection! And, no one has ever rejected you. You may feel rejected, BUT what you perceived as rejection was just the other person setting boundaries, taking care of his/her self or just trying to survive.

If your feeling of rejection is because someone else is taking care of themselves, how is it that you take someone else’s issues so personally? What is your belief about the kind of things that are rejected? Do you reject valuable, precious, important things or do you reject garbage?

There are four reasons that you would reject someone or something. Not one of them is because it is garbage.

One reason to reject someone or something is because you do not see the value in it. When oil was first found seeping out of the earth, it was seen as a messy nuisance that made the land less valuable. Most people did not know what to do with it, so it was rejected. Another example is what we are doing with recycling. Used motor oil used to be thrown away, now it is recycled. You see, in this case, rejection had more to do with the person’s perception of value. You don’t reject things that are “garbage,” you reject things that you see as value-less. When somebody rejects you, perhaps the problem is that they are too blind to see how neat you are.”

A second reason to reject is because you do not know how to treat them, or how to make them into something that is precious. For thousands of years, people threw away diamonds. Rubies and emeralds could be polished and made beautiful, but diamonds were just hard crystals that would shatter if you tried to break them. Does that mean that diamonds are not valuable? Hardly.

Let me suggest two more reasons why people might reject someone. For many years, I noticed that almost every summer, one of the large stores here in town has a big fur coat sale. It's usually held during August when it's 110 degrees outside and there are all those fur coats lined up along the aisles. During one of these sales, I watched women walk right past the fur coats, rejecting them. Does that mean that the fur coats are not valuable, or that the women saw no value in buying a fur coat for themselves at that time?

If you have a mate that you are really excited about and who is meeting all your needs, then you would probably "reject" the offer of a second one. That doesn't mean that the second person is not valuable. It is simply that you don't have a need for two mates.

Finally, you will reject things because they are too valuable. A couple of years ago, a young man came to my office. He had recently learned that he had been adopted as a baby. Up until then, this sixteen-year-old lad had done well in school and sports and was quite outgoing. However, his grades had recently begun to go down; he was skipping school and didn't want to participate in sports anymore. As we talked, he shared with me the fact that he had been adopted and that his "real" mother had "rejected" him. As a result, he saw himself as having no value. Why else would his mother, his "real mother" have "rejected" him?

Suddenly, I began talking about the Rolls Royce dealership here in town and asked if he had ever been there. His eyes lit up. "Yeah," he said. "Well, the other day I was out there and saw this beautiful silver colored Rolls Royce. They only wanted about \$150,000 for it." We both laughed. "How about if you and I went out there and looked at it? Would you think that car was valuable?"

"Oh, yes," he answered, "I would love to have a car as valuable as that."

"When it came time to leave the lot," I continued, "would you tell the salesman that you are going to buy the car?"

"Why, no!" he responded quickly.

"Why not?" I asked, "Isn't the car valuable?"

"Yes, but I can't afford it."

I thought a moment. "You know, maybe your mother saw you the same way. Maybe the reason she "rejected" you wasn't because you were not valuable, but because you were too valuable and she couldn't afford you or thought she couldn't give to you all the things that you needed." His face changed as I watched him.

Yes, rejection comes in lots of different forms and can mean a lot of different things, but it truly doesn't mean that what is rejected is valueless or garbage. It simply means:

- (1) The person doesn't see the value in you,
- (2) That he/she doesn't know how to treat you as the valuable person you are,

- (3) He/she already has one and would probably get into trouble if he/she brought home another,
- (4) Maybe you are so valuable that he/she doesn't think that he/she deserves you or could afford you.

Rejection can mean a lot of things, but it never says anything about you. It just says something about the person doing the rejecting.

Isn't it interesting how often you have taken someone's "rejection" personal, as if somehow, it was about you? Every year we are adding words to the dictionary. Maybe it is time to start removing some. What would your life be like if you never felt rejection?

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This concept of **no rejection** is based on several CABT axioms:

- The To Me rule, "What I say about you says **NOTHING** about you, it only tell you about me."
- You do not react to people events or words BUT to what they mean to you and you chose the meaning.
- The message is not in what the sayer says, it is in what the hearer hears.

If you would like more information about these axioms, you can find them in Myron Doc Downing's book TAKING CONTROL OF YOUR LIFE or by checking out the articles posted on ACT's new website: <http://www.act-fresno.com>. You may also buy Doc's books on line at that website.