



### Workshops:

Trobak Holistic Counselling offers a variety of workshops for communities, businesses and service providers. For more information on workshops please contact Sabrina Trobak at [strobak.thc@gmail.com](mailto:strobak.thc@gmail.com)

### WEBSITE

Check out our website at [www.trobakholisticcounselling.ca](http://www.trobakholisticcounselling.ca)

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## FEAR of REJECTION

Fear controls the vast majority of people's decisions and the fear of rejection also plays a significant role. Wanting to have a sense of belonging is almost instinctual for us humans, making the fear of rejection very significant for most.

### Fear of Rejection, its about you...

Many people experience some sort of rejection starting when they are very young. This can be things like being bullied, moving, friends or family moving away and also includes the absence of a parent, this can be physically and/or emotionally.

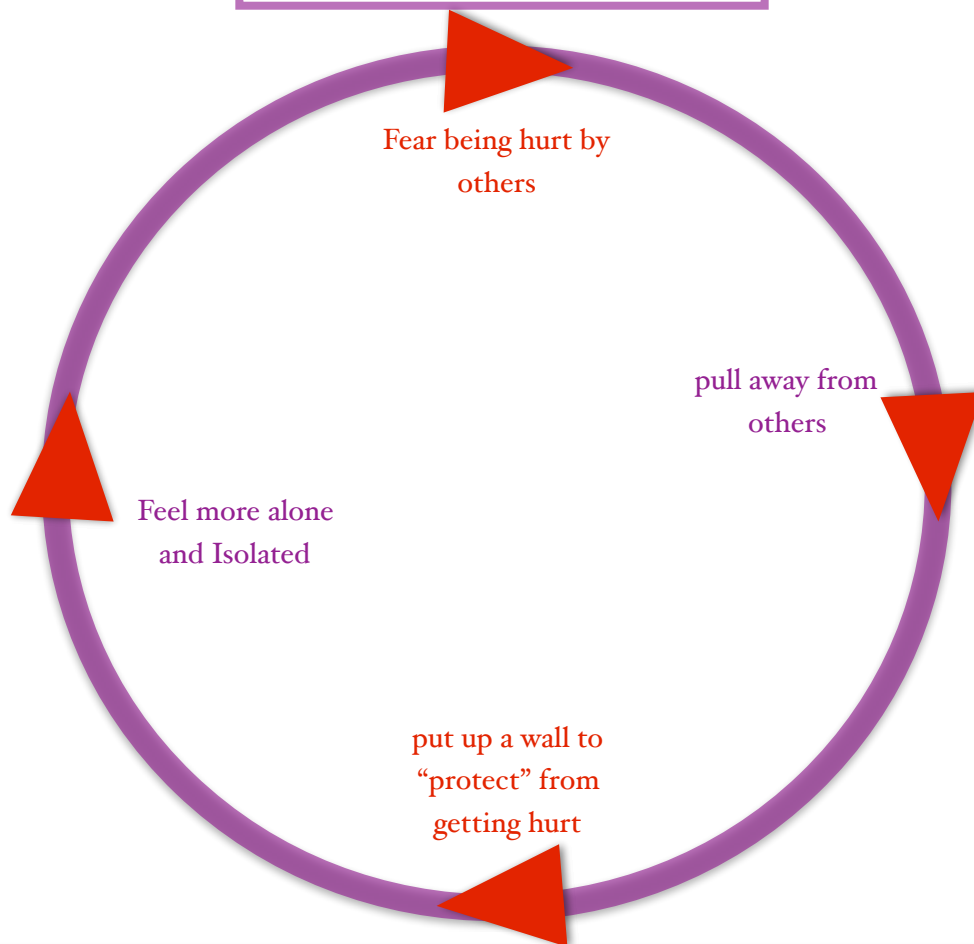
Fear of rejection is more about a person's belief in him/herself that he/she can handle being rejected.

If a person believes he/she cannot handle being rejected, he/she will have a significant fear of being rejected. This fear is about the person carrying the fear, not the other person. There is no guarantee rejection

won't happen, so the fear of rejection does NOT go away. Fear of rejection only lessens when a person believes he/she can handle the feeling of rejection. Once this happens there is no longer a reason to fear rejection, so he/she can connect with others and risk that rejection may occur.



## Cycle of Fear of Rejection



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1. Fear of being rejected: People who have been rejected by others, fear being rejected again.
2. People who fear being rejected by others often cope with this by pulling away from others and not letting others get close to them. Avoiding connection.
3. Over time, people who fear rejection create an invisible wall. They keep everyone who could possibly hurt them, possibly reject them, on the other side of this wall.
4. This pulling away from others and creating a wall to protect a person from feeling rejection, ends up creating a sense of isolation and feeling alone. Ultimately, creating more rejection.

**OFTEN THE THING PEOPLE USE TO PROTECT THEMSELVES FROM FEELING REJECTION ENDS UP CREATING MORE OF REJECTION.**