

# ABANDONMENT AND REJECTION RECOVERY GUIDE

Stated simply, abandonment deals with the finality of a relationship, the “good-bye.” Whereas rejection is more of a dismissive “go away.” Both can be extremely painful, whether you are the one ending the relationship or the one being left behind. Abandonment and rejection leave scars whether the events happened in utero, early childhood, adolescence or during adulthood. Every person experiences abandonment and rejection trauma in different ways. One’s daily life may be slightly or extremely impacted.

Fear, limiting beliefs and behaviors resulting from the trauma can inflict more imbalance, infecting every area of one’s life. With each new trauma, more layers are added until life becomes overwhelming. The goal of this document is to help you to remove these layers and get to the core trauma. Once you allow the emotions to surface, then you can release them. Through prayer and the suggestions below, you can gain the courage to face your fears, find the false beliefs created as coping tools and change non-beneficial behaviors. Then you can experience the freedom that comes as each block is released.

## STEP ONE

Skim through the entire document. If demons are currently oppressing you, be sure to read the section “If Demons are Actively Harassing You.”

## STEP TWO

Print out the two lists below or have paper and pen ready to create your list to work from. Take a few long, slow, deep breaths. Prayerfully and slowly, go through the following two lists. Cross off any items that do not relate to you now or at any other time of your life. Include each item that relates to you whether it was you or someone else who ended the relationship.

If any emotions begin to surface, let them release. Either stop at that time to process that item or circle it and come back to it later. Follow your intuition. Make note of any painful memories that surface. After you have gone through the lists, then ask your Inner Spirit to show you any other unresolved issues related to abandonment or rejection and add them to your list. You may also want to check out the “Trauma from Abuse Recovery Guide.”

### CAUSES OF ABANDONMENT AND REJECTION

*If you relate to any of the items that starts with an, \* read the associated comments in the section “Notes Related to the “Causes” List.*

* Threat of Abortion / Unwanted Birth	Rejection, Real or Perceived
* No Bond to Parents Soon After Birth	Abandoned by Loved One
* Adopted, Orphanage, Foster Homes	Critical Parent/ Authority Figure
* Born out of Wedlock	Not the Gender Parents Wanted
* Parental Suicide or Attempt	Separated from Loved One
* Threat of Separation	Broken Engagement
* Parental Divorce or Separation	Betrayal
* Death of Parent / Caregiver	Non-Intimate Partner
* Death of Loved One	Emotionally Unavailable Parent
* Looks Different	Broken Promises
* Bullied / Teased	Excluded by Others
* Fired from Job: You or Spouse	Trauma
* Divorce from Partner	Abuse / Neglect
Childhood Hospitalization	Poverty

## Abandonment and Rejection Symptoms and Reactions

Fear of Rejection	Fear of Abandonment
Feels Rejected by God	Fear of Loss of Important People
Clingy	Believe One's Feelings Don't Matter to Others
Isolates Self	Social Phobia
Feels Lonely	Sensitivity to Criticism / Rejection
Lack of Intimacy	Feeling Unappreciated
Low Self-Esteem	Feels They are a Burden to Others
Depression	Sadness Due to Loss
Shame	Body Dysmorphic Disorder
Unworthiness	Uncomfortable Being Alone
Panic Disorder	Separation Anxiety
Suicidal Ideation / Attempt	Needs to Be Liked
People Pleaser	Codependency
Mistrust	Anxiety: Worried about Future Rejection
Overreactive	Anger: When Rejection Feels Unjustified
Overly Curious Due to Mistrust	Reacts Angrily to Rejection
Irrational Jealousy	Misinterprets Actions of Others
Attention Seeking	Feeling Not Good Enough
Narcissism	Looks for Flaws in Partnership or Relationship
Guilt	Quickly Attaches in New Relationship
Feeling Unheard or Unseen	Staying in Unhealthy Relationship
Worries When Relationship is Going "Too Well"	Places Needs of Partner/Others Over Self
Hypervigilant: Looking for Signs of Being Rejected	
Self-Blame when Things go Wrong in Relationship	
Avoid People/Situations where Rejection May Happen	
Trouble Establishing and Maintaining Healthy Relationships	
Needs Constant Reassurance from Partner / Important People	
Tends to Pull Away Physically or Emotionally when Feels Criticized	
Comfort Food / Substance Abuse to Cope with Relationship Stress	
Sabotages Relationships by Responding in Anxious/Negative Ways	
Regular Sexual Activities to Fill a Void/ Seek Attention/ Keep the Partner	

## INFORMATION RELATED TO THE “CAUSES” LIST

The following are brief notes on some of the items on the “Causes” list to help you to see things from a new perspective or gain a broader understanding that you perhaps you hadn’t considered before. You will also likely note that many of these traits are exhibited by your parents or others close to you. This may help you to understand them better and hopefully find it easier to understand and forgive them.

As you work with each specific item, make notes of anything that comes to your mind related to that topic. Then you can work to process them as you go deeper. Pain, memories and emotions are added layer by layer with each new trauma. As a result, they often need to be removed layer by layer. This is a lifetime process but well worth the effort when you are willing to do the inner work.

### **Threat of Abortion, Unwanted Birth**

Amazing as this may sound, many people recall conversations between their mother and other people while in utero. This can be uncovered during hypnosis or being told about these conversations at a later time. There is evidence to suggest that a fetus responds to violence and threats on its life. Perhaps the spoken words and emotions are lodged in one’s subconscious while in utero, creating underlying anxiety, sadness and feeling unwanted, yet not understanding why. Some develop a pronounced fear of death, always feeling unsafe.

### **Adopted, Orphanage, Foster Homes, Born out of Wedlock**

In addition to abandonment and rejection trauma, these children have many other stresses to contend with. Add any of the following, as well as other areas that you experienced, if you fall into this category. Ridiculed for only having one parent, no parents, a different last name than step-siblings, not knowing who your parent(s) are, abuse by caregivers, feeling “less than” by a step-parent or step-siblings, feelings of not belonging, lack of security due to the impermanence of the home situation. In addition, look for other unresolved emotions such as anger, hatred, fear, bitterness, fear and unforgiveness. These may be aimed at the biological family, members in the foster home, social services staff or others who didn’t help you.

### **No Bond to Parents at Birth**

Research differs but it has been shown that if bonding with the mother doesn’t happen soon after birth, it can cause problems for the baby throughout its life. However, bonding occurs at different times, perhaps months after the birth. It may never happen if the mother or father are emotionally or physically distant. In modern society, most babies are whisked away from the mother soon after birth and taken off to be bathed, weighed and then sent to a nursery. This can be very traumatic, resulting with the person suffering from abandonment trauma throughout their life. As an adult, they may not have made this connection to why they feel this way. Go within and ask if this has been a root cause for you. If so, the Inner Child Healing exercise can help you talk to “baby you” and help to heal these wounds.

### **Parental Divorce or Separation**

As one would expect, a family breakup at a young age can have many negative repercussions for the child. Not only is there rejection and abandonment, but the child often takes on guilt and shame for the breakup. There are many whose parents divorced when they were adults and have suffered as a result, too. There could be shock to find out a parent was unfaithful, as well as discovering family “secrets.” Oftentimes, a parent gives the child information that is inappropriate for their age or uses them as a confidante, forcing them to keep secrets. There may also be a sudden shift in the family dynamics, such as one child taking on the role of mothering younger siblings. Too often, the parents will use the children as battering rams against the other parent. All of this can cause great distress and needs to be rectified.

### **Death of Loved One**

Quite often, when someone dies, no one explains to the children about the death or what death is. Some will tell children it is like going to sleep and not waking up. That can strike fear in the child, becoming the root cause of insomnia and anxiety. If the person is suddenly gone, the child may be hurt, not realizing that the person wasn’t able to say good-bye. Explore any deaths and how they have affected you.

### **Death of Parent/Caregiver**

Death of a parent hits hard on many levels, often creating feelings of abandonment especially when the child has no concept of death. Even adult children can feel like an orphan when both parents are deceased. The cause of death is also a critical factor, along with the event itself. Shock is also a factor when the death was sudden and unexpected. If the child has unresolved issues with the parent dies or there is not a sense of closure, this can create many problems.

Many are blessed to be able to connect with their loved ones after death. Once the parent goes through their cleansing process, if they do return and you are able to connect with them, the message that most receive is one that all is forgiven and to embrace life fully. There are many books in which people share these loving stories that you may find encouraging. If you are harboring guilt, having problems processing grief or unable to feel closure, consider getting some help. There are many books that can help you. Also, there are many grief groups online and in person. Know that you aren't alone with your feelings.

### **Parental Suicide or Attempt**

A parent's suicide attempt can heavily affect the children, whether young or adult. The children often feel guilty or that they were the cause of the problem. Helplessness and hopelessness can also take seed. Rejection and feeling unloved runs rampant with beliefs such as "if they loved me, they wouldn't even think about leaving me." The child may not understand or realize the depression or other turmoil the parent has been enduring.

### **Looks Different**

Most people tend to focus on their perceived physical flaws. Some may have physical deformities or be wheelchair bound. They may feel like they stand out in a crowd, and often this is true. People tend to look away or make insensitive remarks to those who don't fit the social norm. Increase your self-love when you are in front of a mirror. Look yourself in the eye and send a dose of love. Caress the areas you have hated and replace those thoughts with gratitude for their function. For example, if you don't like your nose, focus on gratitude that you can smell.

### **Bullied / Teased**

On one hand, you will need to work through the pain and emotions you took on when you were bullied. Also, there is the need to forgive the one who bullied you and release any anger or bitterness. Another aspect is forgiving those who didn't help you when you were bullied.

### **Fired from Job**

Being fired or made redundant can be a humiliating experience. It can also cause a person's sense of worth to take a major nose dive. Emotions such as anger can arise, especially if one feels the action was unjustified. If one's spouse was fired, this adds another layer to work through. The loss of income and emotional reactions may have caused dissension in the union. So, releasing anything negative with the partner or disruption in the relationship also needs to be considered.

### **Divorce from Partner**

Divorce creates a lot of areas that need to be healed. Who filed for the divorce, how the children and pets are affected, battle for custody or possessions are some of the areas to work through. Then there is the social stigma of being divorced, loss of friends and changes in the social dimension. There is also the stress between you and each party involved such as in-laws, parents, siblings, other relatives, friends and co-workers. Some of these people may take sides, give unsolicited advice or make hurtful comments. Explore your reaction to each circumstance and person that created feelings of abandonment and rejection.

### **Threat of Separation**

Whether your parents are separating or your partner makes the threat, this knowledge can set someone who is suffering from rejection trauma into a panic. This can happen whether one is a young child or an adult. As you get more grounded and independent, there will be less panic. Remember that you made it through other times of separation and you can make it through again. Hopefully, with more grace each time.

## STEP THREE

### ABANDONMENT AND REJECTION HEALING TIPS

Quiet your mind and focus on just one item on your list. Ask your Inner Spirit to show you when this behavior or belief first began to manifest in your life. Ask to be shown the root cause that allowed you to take on this emotion, belief or habit. If you start to feel emotional, let it surface. Repressed emotions need to be expressed in order to be released. Ask yourself if this emotion, behavior or belief is still relevant in your life. Pray for help in seeing things from a new perspective so you can heal.

As much as you can, bring the trauma to closure by forgiving yourself and everyone else involved. To effectively keep this door closed, set steps in motion to keep this out of your life. That may include getting rid of items in your home, changing behaviors, letting go of certain people, seeking professional help, etc.

The goal is not only to heal all issues, but to also discover any “open doors” that may be making you vulnerable to demonic interference. Most therapies don’t include the releasement of entities. Yet, without this important piece of the puzzle, one may not realize just how much they are being demonically oppressed. A lot of negative thoughts pushing you down, may not be stemming from you.

While working through this lesson, each day that you are able to come to a greater understanding and let loose of stuck energy, follow up with the Releasement Prayer in Step Four. This will bring you into closer union with Divine Love, allow you to heal deeper and hopefully close that door to demonic interference.

Following are several suggestions to help you increase self-love, get to the core root of your trauma, release the emotional pain and make choices so that you can have a happy, fulfilling life. Healing from trauma is a lifetime process, but well worth the effort. Be sure to always balance your “inner work” with things that are fun and uplifting. Enjoy the journey to wholeness!

#### SELF-DISCOVERY

\* Do some online research on the following topics: abandonment trauma, rejection trauma and rejection sensitivity. This will help you to better understand why you act or react in ways that are detrimental. You will also discover books and other healing suggestions.

\* Use the Inner Child Healing meditation to talk to your inner child. Assure “hurt you” that you are of value. If you have mind fragments or sub-personalities, let them know they are needed for you to be whole. Help them to heal the trauma by seeing the reality of the current situation. [theresacrabtree.com/inner-child/](http://theresacrabtree.com/inner-child/)

\* Use your traumatic experiences as a learning tool. As objectively as you can, notice if there were some “red flags” that you ignored. Then you can break the pattern. Ask others for constructive feedback. Take note of the behaviors of others and yourself that draw people in and those that tend to repel others.

\* Acknowledge and own the trauma without minimizing or burying the emotional wounds. Name what happened and identify how you feel about it. Let go of blaming yourself or creating negative lies such as “I deserved this.” Accept what happened so that you do not let this pain rule your life.

\* If the abandonment or rejection is new, allow yourself time to go through the grieving process, but don’t let it consume you. Know that this will pass and better things are on the way.

\* Those who suffer from abandonment and rejection trauma often become self-critical. Monitor the things you think and say about yourself that are negative. Make a list and write positive statements about your good qualities, such as: “I am lovable.” “I have good employment skills (and list them).” “I may get hurt in some relationships, but it is better to love and lose that love than never to love at all.” Reread them when you start getting down on yourself. I have included more, along with comforting Bible scriptures, at the end of this document.

\* Scrutinize your weak areas and notice your shortcomings. Be wary of expecting to be rejected because that will only lead to isolation. Open your heart and allow yourself to give love and to receive love without expectations. The more unconditional love you give, the more that can return to you.

\* When someone abandons you, especially as a child, recognize that you are not the problem. Acknowledge that there may be reasons they abandoned you that had nothing to do with you. Do your best to forgive the person, recognizing that the problem lies with them.

\* Be responsible for any actions on your part that caused the separation. Healing the wounds is your responsibility, so take charge of your life. If there is a repeated pattern of abandonment or rejection, look to see if your early experiences have created a foundation that has created “rejection sensitivity.”

\* Rejection is a part of life. Sometimes what causes us the greatest pain can become our greatest blessing. Try to keep a positive outlook as you change your weaknesses into strengths. Don’t be afraid to leave your comfort zone, there may be some good things waiting for you.

### **SELF-CARE**

Nurturing oneself is important. Fear and exhaustion quickly depletes one’s physical, mental, emotional and spiritual health. When a person is suffering from abandonment and rejection trauma, there are often feelings of unworthiness and lack of self-love. The following are some suggestions to encourage you to nurture and empower yourself. Abandonment and rejection wounds go deep. Take your time working through this lesson. It took you a lifetime to build the layers and removing them will take time, along with courage, dedication and desire.

### **PHYSICAL HEALTH**

- \* Exercise at a gym or at home using online videos.
- \* Take walks in nature by yourself, with friends or groups such as bird watchers.
- \* Join dance or aerobic groups.
- \* Nurture your body with relaxing salt baths.
- \* Eat nutritious meals. Join a cooking class.
- \* Get plenty of sleep.
- \* If your days are too busy, see if there are ways you can simplify. Be sure you aren’t engaged in unhealthy “people pleasing” activities.

### **MENTAL HEALTH**

- \* Keep your focus in the present. As soon as you notice you’re dwelling on the past, immediately refocus on something that is more uplifting. At first this may be hard, but with practice, you will retrain your brain, and refocusing will become easier.
- \* When negative thoughts arise, practice self-compassion. Don’t get caught in a spiral of negative thoughts.
- \* If you mess up, don’t beat yourself up with guilt, shame or blame. Just admit that you don’t like the choice you made and plan to do better.
- \* Engage in activities that you enjoy.
- \* Manage your time so that you don’t create extra stress with self-imposed timelines.
- \* Exercise your right to say “no” to things that are not yours to do or that you have no interest in.
- \* Balance your work and recreational time so that you don’t exhaust yourself.

### **EMOTIONAL HEALTH**

- \* Be authentic. Train yourself to stop worrying about what others think or say about you. Remember that other people’s opinion about you is just that, their opinion. Their opinion does not need to be part of your reality. Don’t let others behavior define who you are.

- \* Take into consideration that you could be misperceiving what others think and do. This is a common problem for those with abandonment and rejection trauma.
- \* There may be times when it is good to reflect on something that triggers you. Allow your emotions to surface. Then when you have a chance, pray and ask to be shown the root cause of what knocked you off balance. Then take steps to resolve the issue.

### **SPIRITUAL HEALTH**

- \* Start each day with prayers to God. Express love to Him and Jesus, then be open to receiving love in return. Express gratitude for the opportunity of another day on earth, even if things are currently rough. Ask for guidance and offer yourself in service to the needs of others.
- \* Each morning, feel gratitude for at least three things in your life. You can do this in your mind or in a gratitude journal.
- \* Read scriptures daily to become more connected to God. Consider subscribing to a site that sends daily scriptures to your email address.
- \* End each day with prayers of gratitude to God. Admit your shortcomings and plan to do better.
- \* Before going to bed, review your day. Celebrate the things you did that increased your alignment with Divine Love. Look at your unsatisfactory reactions to others. Without adding guilt or shame to the wound, come up with some ideas on how you can do better when a similar situation arises.
- \* Use the Nightly Prayer and Review to clean the slate and stop any demonic interference.
- \* Incorporate the “Daily Spiritual Practices into your daily routine.
- \* You will both of these at the bottom of my website, in the yellow box.

<https://www.theresacrabtree.com/inner-child/>

### **SEEK SUPPORT**

When one has suffered abandonment and rejection trauma, it can be difficult to build enough trust to connect with others. The fear of more pain can overwhelm one so deeply that it feels safer to isolate, creating more loneliness. Yet, deep down one truly wants to connect. As you heal your inner wounds, it is also important to reach out and create a safe support system. Here are a few ideas to consider.

- \* Join a local church that has groups in your age bracket to build healthy friendships and build your connection with God.
- \* Abandonment and Rejection Support Groups: Most relationship support groups will also deal with abandonment and rejection trauma. You can find these locally or online. If you are considering personal therapy, shop around to find a therapist who offers or recommends any groups.
- \* If you have family members or close friends you can trust, develop a stronger relationship with them. They likely have also had similar hurts and may have some good advice or feedback for you.
- \* Join community groups that have like-minded interests. These can be found online, at your local community center and in the newspaper. The best place to make friends is by doing things you love with others who have the same interest.

### **SEEK PROFESSIONAL HELP**

If the trauma from the past is keeping you stuck, consider seeking help from a pastor or professional therapist. Many feel it is a weakness to seek help, yet sometimes a new perspective is what is needed to get past one’s barriers.

A qualified therapist can help you discover if there are underlying causes such a personality disorder or anxiety disorder that is complicating your life. They can help you heal the trauma, regulate your emotions and learn how to build healthy relationships with others. Reach out for help. You deserve to have a life filled with joy and happiness!

## STEP FOUR

**WARNING:** If you have demons that are manifesting violently, it is suggested that you have someone with you when you do the prayer. You may want to fast and pray beforehand to help make the process go smoother.

If you suffer from Dissociative Identity Disorder (DID) aka Multiple Personality Disorder (MPD), paranoia or schizophrenia, have someone with you when you do the prayer. Most split personalities begin when a person has a rebellious nature blended rejection trauma. Those two personalities may make it difficult to release the other personalities. When the split began during early childhood, one may have some identity issues arise as they begin to meld these personalities back into one.

### TRAUMA AND DEMONIC RELEASEMENT PRAYER

**Read through the prayer first so you know what is involved.**

Then state the following out loud, with conviction.

*"Dear Creator, I ask for full healing from the trauma from abandonment and rejection that has been inflicted on me. Help me to see any new perspectives that will help me to more fully understand the situation in order for my healing to be complete. I admit that I have (name any offenses you have committed). I know this is against your will. I truly want to stop this behavior. Help me to fully forgive anyone who has consciously or unconsciously caused me pain or harm. I accept your promise of forgiving me to the same measure that I forgive others.*

*I make null and void any contracts or vows I have made with any and all demonic kingdoms, whether done consciously, ignorantly or that came as the result of demonic deceit. I give no consent for any demon power to continue to harass me, no matter how they have gained admission to my body, mind, emotions and will.*

*Holy Spirit, I ask that you show me anything else which I need to change, so that I (and my children) may be totally free from the consequences of any unwise choices I have made.*

*(Pause, while listening as the Holy Spirit leads you.)*

*Right now, in the mighty name of Jesus Christ, I call to attention every demon power that is in me, attached to me, coming, going or in free circulation or in any way connected in my life. Every demon power, you are now under the authority of the living, resurrected Lord Jesus. I bind you and command that you will not harm me or anyone else associated with me. You will not hide, leave, call others to help or go to someone else. You will not split, divide, multiply, clone, fragment or pass your duties onto any other demon. Any parts of you that are in others or elsewhere, call them back now and unite as one. You are commanded to do so in the name of Jesus Christ.*

*You will repair any damage you have caused me, my descendants and all future generations. You will put everything back in order now, in the name of Jesus Christ. I command you to pack all your bags, take any equipment, implants, seeds, energetic debris, and completely pull up and pack any roots you implanted. Take it all with you. Gather your entire kingdom, ranks and all members of your groups connected to me and unite into one. All of you, go directly into the abyss\* in the name of Jesus Christ. Completely and totally release from me now. All demon powers present, go into the abyss now, in Jesus Christ's name. That is a command. It must be obeyed. Go, now!" Michael, I request that you send your angels to be sure they go into the abyss.*

*By faith, I receive freedom from all demonic influences in my life due to the choices of myself and/or my ancestors, in the name of Jesus Christ. I thank you Father for sending your son, Jesus Christ, with the promise of forgiveness and deliverance from our unholy choices and demonic oppression. Amen."*

\* If you feel uncomfortable casting them into the abyss, command them to go to the feet of Jesus. They must be taken out of circulation, or else they may return to you or go to someone else.

## HOW ABANDONMENT AND REJECTION “OPEN DOORS” TO DEMONIC INTERFERENCE

Humans are created with a physical body and a soul that includes emotions and a conscious mind able to make willful choices. These are what demons target. They have one main agenda, to pull humans away from a personal relationship with the Creator. Humans who do not build a personal relationship with the Creator fall prey to demonic snares. Below are some of the ways that humans unknowingly “open doors” to demonic interference related to our topic. It is important to note that if you are experiencing these things, that does not mean you have demons, because many of your thoughts, beliefs and behaviors are self-generated. Influences also come from the thoughts, words and actions of other humans.

***Evil was not created by God; Evil is the effect of rebellion against God.***

**Threat of Abortion / Unwanted Birth/**: During deliverance / exorcism sessions, demons have admitted that they entered the fetus who survived an abortion. The extreme pain and fear of annihilation opened doors to demonic interference. Doors can also open for the mother who is forced to have an abortion and has deep emotions such as sadness or anger. Mothers who choose to abort may be bombarded with guilt and regret. Working in an abortion clinic or encouraging someone else to abort may also open doors. To demons, abortion is murder, one less human to worship the Creator. Anything that leads to the death of a human is a big win from their perspective. Pro-abortion extremist violent activists are often fueled by demons. Any charged emotion can be an entry for demons to gain access.

**No Bond to Parents Soon After Birth, Rejection (Real or Perceived)** in early childhood may open doors to predatory demons. They will try to befriend the child, using grooming methods, like human pedophiles (who are usually under demonic oppression). The demons often project thoughts to entice the child to trust them enough to allow them in. They will make promises such as they will never abandon the child, that they are the only one the child can trust and they may offer the child some “super” powers such as psychic skills. Not all “invisible friends” are demons, but many are. The person may go through their entire life finding it difficult to bond with anyone at a deep level as the result of demonic projected thoughts aimed to destroy their self-confidence, self-worth and ability to trust others.

**Adopted, Orphanage, Foster Homes, Abandoned by Loved One**: These children often experience horrific experiences in addition to the abandonment issues. Unfortunately, many pedophiles and abusive people under demonic influence are drawn to be caretakers of these vulnerable children. Then there are dangers such as human trafficking for those who escape the abusive home environment, yet not ready to manage their life needs. Some of these children harbor anger, bitterness and deep resentment towards their biological parents and caregivers. I have heard demons boast about being the “Demon of Orphans,” inciting revenge and murderous thoughts into these wounded children.

**Born out of Wedlock**: The demons will project thoughts of being unwanted, unworthy and unlovable. This may be exacerbated when the father is not part of the child’s life or born as the result of nonconsensual or frivolous sex. The child may harbor blame toward the mother, which the demons may fuel into hatred.

**Parental Suicide or Attempt**: At any age, losing someone to suicide is devastating. Where there is suicidal or homicidal ideation, you will find demonic interference. To the demons, suicide is a big win. Not only do they take out one of God’s loved ones, but they also affect others through guilt and endless mind chatter of thoughts that create blame, shame and “if I had only...” It is not unusual for these demons to then latch onto someone close to the one who suicided and try to get the new person to also suicide.

**Critical or Abusive Parents or Authority Figures, Threat of Separation (child or adult relationships)**: When children don’t receive the nurturing needed to build a solid foundation, throughout their life they will find ways to get their needs met, often in unhealthy ways. The codependent becomes a “people pleaser,” doing anything to keep a person from leaving them. They often hook up with narcissists who use measures of control to keep the partner from leaving. This unholy union is driven by demons using tactics to manipulate the humans through fear and their areas of weakness.

**Parental Divorce or Separation:** Demonic projected thoughts often revolve around making the child feel they are the reason for the divorce, that it wouldn't have happened if they had behaved better. The child may take sides, blaming one parent. Underlying rage may simmer, especially when they feel abandoned by the parent who left. This is especially true when they have no voice in choosing which parent to live with. Sadly, many children get caught in the middle of ugly divorce proceedings and child custody. When there is shared custody, especially weekly moves between two homes, having to deal with different house rules, separation from friends, etc., the child can become mentally, physically and emotionally drained. This is exacerbated when the parents snub each other during the transitions or badmouth the parent to the child. All of these scenarios can create open doors for demons for the child and the parents. Demons will do all they can to disrupt any loving relationship, especially the family unit.

**Death of Parent / Caregiver / Loved One:** In addition to the grieving process, there is another factor to consider. When a person dies who has demons or attached earthbounds (deceased human spirits), the spirits seek a new home. Most often they will attach to family members, those energetically connected to the deceased one or those in close physical proximity, such as a caregiver. When this happens, you may notice the person's personality change. The new host may take on the addictions or behaviors of the deceased person. Demons may pose as the deceased person in order to gain enough trust to gain access or to act as the person's spirit guide.

**Looks Different, Bullied, Teased, Not the Gender Parents Wanted:** Gender Dysphoria is a fairly new tool of the demons that has taken root rather quickly, fueled by social media and ads focused on body perfection. There are many factors that are making children question their gender and very identity. Getting the person to focus on comparisons may lead one to believe their birth gender is inferior. One demonic teaching on the rise suggests that at the soul level, there is no gender and that it is superior to mirror this in human form.

**Fired from Job** can lead to anger, feeling unappreciated, questioning one's ability and self-worth. The demons may provoke the person into seeking revenge or internal pressure leading to depression.

**Separation From Loved One, Divorce, Broken Engagement, Betrayal, Non-Intimate Partner, Emotionally Unavailable Parent or Partner, Broken Promises or Excluded by Others** can create a host of emotional upset making it easier for demons to gain access. They may pressure the person to physically or verbally abuse or slander the other, while at the same time, targeting the person with internalized torment.

**Childhood Hospitalization**, especially when left alone, can have devastating effects on a young child. They may be too young to understand why they are separated from the mother. Once at home, they may have anxiety, not knowing if they will be taken away again. Even years after the hospitalization, which they may or may not remember, they may have underlying anxiety, feel uneasy or become clingy. Demons can keep those fears alive through thought projections and disturbing dreams. In addition, those who have died in medical and mental hospitals may roam the halls. Both demons and deceased souls may attach to vulnerable patients, staff or visitors. Not all entities are evil. Some are deceased souls who have not fully crossed over. They may latch onto a human to have their needs met. This creates a toll on the human host.

**Trauma, Abuse, Neglect:** Unresolved emotional trauma is one of the main ways that demons gain access. Trauma tends to create unforgiveness, bitterness and a host of imbalanced emotions, fear and false beliefs. Demons watch for these areas of weakness, using them to harass their targets. If the person dissociates during the trauma, a part of the soul leaves its anchor and remains near or far from the person, tethered by a silver cord. People who consciously astral travel also create a similar situation. Demons who notice the unattended cord can attach it to and when that cord is retracted, the demons ride into the body with it. The same is true when people create alternate personalities as a coping mechanism.

**Poverty** can lead to criminal activity when one's basic needs of food, clothing and shelter are not met. Demons may incite the person to feel justified when robbing, stealing, prostituting themselves or manipulating others to get their needs met. Oftentimes, people are drawn to join gangs due to poverty or the longing for a community where they feel welcome and wanted.

## IF DEMONS ARE ACTIVELY HARASSING YOU

If you have gone through the SoulCleanse, Breaking Ancestral Curses, Forgiveness and Soul Ties exercises and been casting off demons each time, any ones that are remaining will be clinging on tight. They will either hide or try to stop you from proceeding. Their usual tricks are to project threatening thoughts, nightmares, make your body move or feel like you are being touched in some way. You may feel their anxiety in your body such as a churning stomach or headache. Ignore them as much as possible and allow yourself to dig deep so that you can discover and free yourself from the weaknesses that allow them to oppress you.

They will do what they can to distract you whenever you try to work on your healing. One of their favorite tricks is to make the person feel very sleepy, exhausted or distracted. You can help combat that by saying a prayer to the Creator or Jesus asking for strength and clarity and help to stop any entity interference.

When doing the work, keep a good balance between doing the inner work and enjoying your life. The demons would love to keep you focused on them. Their hope is to wear you down so they can continue to manipulate you.

***The following are tools you can use to weaken them. Each demon will respond differently to various methods. Keep trying different ways until you find the ones that will work most effectively.***

- \* Quote Bible verses to show your authority to cast them out by the authority of Jesus.
- \* Mention the great miracles Jesus has performed.
- \* Talk about passages where Satan was defeated in the Bible.
- \* Play and sing songs about Jesus or the greatness of God.
- \* Say "The Lord's Prayer," the 23<sup>rd</sup> Psalm or other Bible scriptures.
- \* Read or hold the Bible, reminding the demons that Jesus has authority over them.
- \* Hold the symbol of Satan's defeat—a cross. This can be made from anything, even a simple drawing.
- \* If you have water that has been sanctified, sprinkle this on your head while praying.
- \* Prayer and fasting
- \* Bind the demons, with conviction, out loud say something like, "You, demon who is poking me... sending nightmares... sending thoughts of suicide... (whatever it is doing), in the name of Jesus Christ, I bind you. You are commanded to stop that right now. Be quiet and be still." You may have to repeat it a few times. Then ignore them as best as you can.
- \* Repeat the Trauma and Demonic Releasement Prayer.
- \* If the demon tells you they do have a right to remain, ask it what that right is. If there is truth to what it says, then cancel that right by renouncing it, then cast the demon out. You will need to be sincere that you are stopping that belief, fear or activity, because the demons know if you are telling the truth.

## POSITIVE AFFIRMATIONS

As soon as you realize that your mind is replaying old negative thoughts, immediately refocus onto something more positive. Below are some positive affirmations to empower you.

I am capable of giving and receiving love.  
I trust the process and embrace my journey.  
I am strong enough to handle any challenges that come my way.  
I am cultivating inner strength and resilience.  
I find peace and solace within myself.  
I build healthy relationships filled with mutual respect.  
I am capable of finding fulfillment from within.  
I am worthy of God's best for my life.  
I build a foundation of self-love.  
I surround myself with people I love and trust.  
I am building a life filled with trust and security.  
I deserve happiness and peace.  
I explore new depths of love and connection.  
I am open to intimacy.  
I deserve to be happy.  
I allow love to flow freely in my life.  
I am confident in myself and my abilities.  
I value my independence.  
I choose to focus on today, not what was.  
I am at peace with my past and excited for my future.  
I am creating a safe space for my emotional well-being.  
I set healthy boundaries in my relationships.  
I embrace every part of my journey with love and grace.  
I deserve committed, loving relationships.  
I am healing the child within who felt left behind.  
I deserve love and respect, just as I am.  
I am committed to my personal growth and healing.  
I am healing from emotional wounds and finding peace.  
I am building a foundation of self-love.  
I nurture my emotional and mental health.  
I am growing in self-awareness and understanding.  
I embrace the present moment and its gifts.  
I face my fears with courage and determination.  
I release the need for external validation.  
I am a beacon of light and love.  
I celebrate my progress and growth.  
I am kind to myself.

## COMFORT WHEN YOU FEEL REJECTED

No matter how rough your life has been, you are a child of God and are worthy of love. You truly weren't an accident; your life has purpose and meaning. Remember that Jesus was also despised and rejected by mankind. When others abandon or reject you, stay strong!

**Isaiah 53: 2-3** ~ "He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces, he was despised, and we held him in low esteem."

**John 15: 18-20** ~ "If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted me, they will persecute you; if they kept my word, they will keep yours also."

**Deuteronomy 31:8** ~ "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

**Psalm 27:10** ~ "Even if my father and mother abandon me, the Lord will hold me close."

**Psalm 34:18** ~ "The Lord is near to the brokenhearted and saves the crushed in spirit."

**Isaiah 41:10** ~ "Fear not; for I am with you: be not dismayed; for I am your God: I will strengthen you; yes, I will help you; yes, I will uphold you with the right hand of My righteousness."

**Isaiah 49:15** ~ "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!"

**Jeremiah 31:3-4** ~ "I have loved you with an everlasting love; I have drawn you with unfailing kindness. I will build you up again."

**Matthew 10:29-31** ~ "Are not two sparrows sold for a farthing? One of them shall not fall on the ground apart from your Father's will. But the very hairs of your head are numbered. Fear you not therefore, you are of more value than many sparrows."

**Ephesians 3:17-19** ~ "And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."

**Philippians 4:5-7** ~ "The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

**1 Peter 2:4** ~ "... come to him, a living stone rejected by men but in the sight of God chosen and precious..."

**1 Peter 5:10** ~ "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

**Hebrews 10:35-36** ~ "So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised."

For more comforting Bible verses, [visit: https://www.theresacrabtree.com/comforting-bible-verses](https://www.theresacrabtree.com/comforting-bible-verses)