

ABANDONMENT AND REJECTION RECOVERY GUIDE

Abandonment and rejection strike at the deepest parts of the human heart.

Abandonment often carries the pain of finality — the “good-bye.”

Rejection carries the sting of dismissal — the “go away.”

Both can wound deeply, whether you were the one who left or the one left behind. These wounds may have formed in the womb, in early childhood, during adolescence, or in adulthood. Each person experiences abandonment and rejection differently. For some, the impact is subtle; for others, it profoundly shapes daily life.

Fear, limiting beliefs, and coping behaviors formed in response to trauma can create further imbalance, affecting relationships, work, identity, and spiritual well-being. With each new painful experience, additional emotional layers can form until life feels overwhelming.

The purpose of this guide is to help you gently peel back those layers and identify the root wounds beneath them. As emotions surface, you can begin to release them. Through prayer, reflection, and intentional steps, you can find the courage to face fears, uncover false beliefs formed as survival tools, and replace unhelpful behaviors with healthier patterns.

Freedom comes one layer at a time.

STEP ONE

Skim through the entire document. If demons are currently oppressing you, be sure to read the sections “How Abandonment and Rejection Can Create Spiritual Vulnerability” and “Ways to Weaken Demonic Interference”

STEP TWO

Print the two lists provided, or prepare paper and pen to create your own working list.

Begin by taking several slow, deep breaths. Quiet your heart and invite the Creator’s guidance.

Prayerfully and thoughtfully review each item. Cross off anything that does not apply to you — either now or at any point in your life. Include items whether you were the one who left or the one who was left.

If emotions begin to rise, allow them. You may choose to pause and process that item immediately, or circle it and return later. Follow your intuition.

Make note of any memories that surface, especially those that carry emotional charge.

After completing the lists, ask your Inner Spirit to reveal any additional unresolved issues related to abandonment or rejection. Add them to your list.

You may also wish to review the “Trauma from Abuse Recovery Guide” if relevant to your journey.

CAUSES OF ABANDONMENT AND REJECTION

Any of the experiences that you relate to, read the associated comments in the section "Reflections on Each Cause."

Lack of Early Bonding	Childhood Hospitalization or Early Separation
Adoption/ Orphanage/ Foster Homes/ Born out of Wedlock	Physical Differences / Feeling Different
Threat of Abortion / Unwanted Birth	Bullying or Teasing
Critical or Abusive Parents and Authority Figures	Excluded by Others
Trauma / Abuse / Neglect	Job Loss
Parental Divorce or Separation	Betrayal / Broken Promises
Death of a Parent, Caregiver or Loved One	Separation and Broken Relationships
Parental Suicide or Attempt	Divorce
Threat of Separation	Poverty and Survival Stress

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	

REFLECTIONS ON EACH CAUSE

Below are reflections on some of the causes listed previously. These notes may help you view past events from a broader or new perspective. You may also recognize similar patterns in parents or caregivers. Greater understanding can sometimes make forgiveness easier — though forgiveness is a process, not a demand.

As you work through each topic, write down any thoughts, memories, or emotions that arise. Trauma often accumulates layer by layer, and healing frequently unfolds the same way.

Healing is a lifelong journey — and one well worth taking.

Lack of Early Bonding

Early bonding disruptions can influence attachment patterns later in life. Emotional or physical absence from caregivers may create lifelong struggles with trust, intimacy, or security. Modern hospital practices sometimes separate infants and mothers early, which may contribute to subtle attachment wounds. If this resonates with you, the “Inner Child Healing” exercise may help you connect compassionately with your younger self.

Adoption / Orphanage/ Foster Homes/ Born out of Wedlock

In addition to abandonment wounds, children in these situations often face instability, identity questions, or feelings of not belonging. Possible additional stressors include: not knowing biological parents, feeling different from siblings, abuse or neglect, lack of permanence and social stigma. Unresolved anger, bitterness, grief, or unforgiveness may remain directed toward biological parents, caregivers, or institutions. Acknowledging these feelings is a step toward healing them.

Threat of Abortion / Unwanted Birth

Some individuals discover later in life that their mother considered or attempted abortion, or expressed distress about the pregnancy. Research suggests that unborn babies respond to stress and trauma in the womb. Even without conscious memory, subconscious imprints of fear, anxiety, or feeling unwanted may form. This can later manifest as underlying insecurity, fear of death, anxiety, or chronic feelings of being unsafe or unwanted.

Critical or Abusive Parents and Authority Figures

When children do not receive consistent nurturing, safety, and affirmation, they may grow up seeking security in unhealthy ways. Some develop people-pleasing tendencies, fearing rejection or abandonment. Others may become drawn to controlling or narcissistic relationships that mirror early dynamics. These patterns are often driven by unmet needs and fear — not weakness. Without healing, fear can distort relationship choices and reinforce unhealthy cycles.

Trauma / Abuse / Neglect

Unresolved trauma often produces fear, hypervigilance, distorted beliefs about self-worth, and difficulty trusting others. Without support and healing, trauma can fragment a person’s sense of identity and stability. Healthy recovery involves counseling, safe relationships, emotional processing, spiritual grounding, and sometimes professional therapeutic support. Healing restores wholeness.

Parental Divorce or Separation

Divorce can create layers of rejection, confusion, and misplaced guilt. Children often assume responsibility for the breakup. They may be exposed to inappropriate adult information, used as confidantes, or caught between parents. Even adult children can experience shock, betrayal, or identity disruption when parents separate. All of this deserves gentle processing and closure.

Death of a Parent, Caregiver or Loved One

Losing a parent can trigger deep feelings of abandonment at any age. Sudden or traumatic deaths intensify the impact. Unresolved issues or lack of closure may prolong grief. When death is not explained appropriately, especially to children, it can create fear, insomnia, or anxiety. Sudden loss may leave unresolved grief or feelings of unfinished good-byes. Explore how each loss affected you — both then and now. If you are struggling with guilt or prolonged sorrow, consider seeking supportive counseling or grief groups. You are not alone in your experience.

Parental Suicide or Attempt

A parent's suicide attempt or completion often leaves children — even adult children — feeling guilt, confusion, rejection, or helplessness. Children may internalize beliefs such as: "If they loved me, they wouldn't leave." Understanding mental health struggles can help separate personal blame from reality.

Threat of Separation

Threats of separation can trigger panic, especially for those with prior rejection wounds. Ground yourself in truth: You survived past separations. You can survive future ones. With healing, each experience can become less destabilizing.

Childhood Hospitalization or Early Separation

Early medical separation from caregivers — especially when a child is too young to understand — can create lingering anxiety, fear of abandonment, or clinginess. Even if memories are unclear, the emotional imprint may remain. Later in life, this can show up as unexplained anxiety, fear of loss, or difficulty feeling secure in relationships. Awareness and compassionate healing can help restore a sense of safety.

Physical Differences / Feeling Different

Those who feel physically different may internalize shame or rejection due to social reactions. Practice self-compassion: Look into your own eyes in the mirror. Offer yourself gratitude. Replace criticism with appreciation for what your body allows you to experience.

Bullying or Teasing

Bullying wounds self-worth and trust. Healing involves: processing the pain, releasing anger and bitterness, forgiving — when ready and forgiving those who failed to intervene.

Excluded by Others

Being excluded can stir feelings of rejection and self-doubt, especially if it touches older wounds. While exclusion is painful, it does not define your value. Exclusion often reflects group dynamics, insecurity, or limitations in others — not your inherent worth. Resist internalizing the lie that your worth depends on others' acceptance. Focus on strengthening safe relationships, setting healthy boundaries, and grounding your identity in truth rather than approval. As you anchor yourself in your value and connection with the Creator, exclusion loses much of its power.

Job Loss

Being fired or laid off can impact identity, confidence, and relationships. It may bring anger, humiliation, or fear. If financial stress affected your partnership, that layer deserves attention as well.

Betrayal / Broken Promises

Betrayal and broken promises deeply wound trust. They often intensify abandonment and rejection fears, reinforcing beliefs such as "I can't rely on anyone" or "I'm not worth loyalty." When trust is shattered, the nervous system can remain on alert, expecting further disappointment. Coping begins with acknowledging the grief and anger rather than suppressing them. Establish clear boundaries, seek safe and trustworthy support, and allow trust to be rebuilt slowly and wisely. Ground your identity in truth rather than in another person's reliability. Healing trust takes time, but it is possible.

Separation and Broken Relationships

Separation — whether through friendship loss or relational distance — can trigger profound feelings of abandonment. Even when separation is necessary or healthy, it often brings grief, loneliness, and questions about belonging. Healthy coping includes allowing yourself to mourn the loss, resisting self-blame, and maintaining connection with supportive people. Strengthen routines that bring stability and deepen your connection with the Creator for reassurance and grounding. Separation may close one chapter, but it does not diminish your worth or your capacity for future healthy connection.

Divorce

Divorce can involve grief over: lost companionship, social changes, custody battles, community shifts and family tensions. Process your reactions to each person and situation that intensified feelings of rejection.

Poverty and Survival Stress

Chronic lack of basic needs — food, clothing, shelter, stability — creates immense stress. In survival mode, individuals may justify harmful choices out of desperation or hopelessness. The longing for belonging can also draw people toward groups or environments that promise identity and protection but ultimately reinforce unhealthy patterns. Addressing poverty-related wounds requires both practical support and emotional restoration.

STEP THREE

ABANDONMENT AND REJECTION HEALING SUGGESTIONS

As you scroll through the healing suggestions on the following pages, mark the ones that you feel you may want to go deeper with. When you are ready to begin, quiet your mind and focus on one at a time.

Ask your Inner Spirit:

- When did this begin?
- What is the root cause?
- Is this belief or behavior still serving me?

If emotion rises, allow it. Repressed emotions must be expressed to be released.

Pray for clarity and a renewed perspective.

As you are able, bring closure by:

- Forgiving yourself
- Forgiving others
- Releasing unhealthy attachments
- Setting healthy boundaries
- Seeking professional support if needed

Healing involves identifying and closing unhealthy “open doors” — patterns that leave you vulnerable to fear, shame, destructive thinking and even demonic interference.

After processing a layer, follow up with the healing prayer in Step Four below, inviting Divine Love to fill the space that pain once occupied.

*Balance deep inner work with joy.
Healing is sacred — but so is laughter.*

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/

* 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." Both of these are at the bottom of my website.

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 as 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

PRAYER FOR HEALING ABANDONMENT AND REJECTION

This prayer is meant to help you close spiritual and emotional doors that may have brought fear, confusion, or bondage into your life. Move through it slowly and thoughtfully. Include what applies to you. Speak from your heart—there is no perfect formula. Your sincerity and willingness to heal are what matter most.

Creator of Heaven and Earth,

I come before You with humility and honesty. You know every wound I carry — every memory, every tear, every fear of abandonment and rejection.

I confess that I have allowed pain to shape my beliefs and behaviors.

I repent for any bitterness, unforgiveness, pride, or self-protection that has kept me from healing.

Please forgive me where I have judged others harshly.

Please forgive me where I have judged myself without mercy.

Heal the roots of my abandonment and rejection wounds.

Restore the places in my heart that feel unsafe, unseen, or unloved.

Change my perspective. Help me see my story through Your truth rather than through fear.

Replace false beliefs with clarity. Replace shame with dignity. Replace anxiety with trust.

Protect my mind from tormenting thoughts. Guard my heart from destructive influences.

Close every door that allows fear, oppression, or confusion to linger.

Fill me with Your peace. Anchor me in Your love. Teach me how to forgive fully and live freely.

I choose healing. I choose truth. I choose to walk in the light of Your presence. Amen.

HOW ABANDONMENT AND REJECTION CAN CREATE SPIRITUAL VULNERABILITY

Human beings possess both a physical body and a soul — including emotions, thoughts and will. Emotional wounds can shape beliefs, influence behavior, and open the door to fear-based thinking.

It is important to approach this subject with balance.

Experiencing trauma does not automatically mean a person is spiritually oppressed or influenced. Many thoughts, reactions, and behaviors are shaped by life experiences, relationships, environment, and personal choices.

However, prolonged fear, bitterness, hatred, unforgiveness, and despair can increase vulnerability. When emotional wounds remain unhealed, destructive thinking patterns may deepen and become entrenched.

Evil is not created by the Creator; it is the distortion of what was meant for good.

The following are examples of how unhealed wounds may increase vulnerability — not as condemnation, but as awareness:

Deep rejection wounds may foster beliefs of worthlessness.

Abandonment trauma may produce fear-driven attachments or codependency.

Unresolved grief may harden into prolonged despair.

Anger may settle into bitterness.

Shame may become internalized as identity.

When fear and false beliefs dominate, individuals may become more susceptible to manipulation — from unhealthy people, destructive systems, or internalized lies.

The path to protection is not fear — it is healing, truth, forgiveness, and connection with the Creator.

As wounds close, doors close.

As truth replaces lies, vulnerability decreases.

Healing is both emotional and spiritual.

And it is always possible.

Final Thoughts

Spiritual vulnerability does not mean spiritual defeat.

Wounds do not define identity.

Pain does not determine destiny.

Fear does not have to rule the future.

Healing comes through truth, safe connection, forgiveness, wise boundaries, and deepening relationship with the Creator. As emotional health strengthens, spiritual resilience grows.

Restoration is possible.

Wholeness is possible.

Healing remains available at every stage of life.

WAYS TO WEAKEN DEMONIC INTERFERENCE

As freedom increases, resistance may also intensify. Demons may attempt to hide or discourage you through intrusive thoughts, disturbing dreams, physical sensations, anxiety, heaviness, distraction, or unexplained fatigue. Avoid fixating on these experiences. Stay grounded and continue the inner work of healing wounds and closing any “open doors.”

A common tactic is excessive sleepiness or mental fog to slow your progress. When this happens, pause and pray, asking the Creator for strength, clarity, and protection. Maintain healthy balance—engage in activities that bring joy and peace. Do not let the struggle consume your focus. Be patient and discerning. Not every method works the same for everyone. Keep applying different strategies until you find what is most effective. Consistency, courage, and balance are essential.

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive yourself and others fully**, closing doors opened by shame and self-hatred.
4. **Break unhealthy soul ties** through prayer and conscious detachment.
5. **Reject lies immediately** when intrusive or condemning thoughts arise.
6. **Speak truth aloud**, using Scripture or affirmations aligned with God’s Word.
7. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
8. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
9. **Establish consistent prayer time**, not just crisis prayer.
10. **Read Scripture regularly**, especially passages emphasizing identity as a child of God.
11. **Remove occult or spiritually compromising objects** from your environment.
12. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
13. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
14. **Reduce fear-based thinking**, since fear amplifies perceived interference.
15. **Strengthen a relationship with the Creator**, focusing on love, trust and reliance.
16. **Stay connected to healthy community** and trusted spiritual support.
17. **Practice gratitude daily**, which shifts focus from oppression to abundance.
18. **Avoid isolation**, where intrusive thoughts gain strength.
19. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
20. **Set clear boundaries** in thoughts, habits, and relationships.
21. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
22. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
23. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
24. **Strengthen emotional regulation**, learning to sit with feelings without panic.
25. **Live a balanced life**, including joy, creativity, and rest.
26. **Affirm your free will**, reminding yourself you are not powerless.
27. **Persist patiently**, knowing resistance often weakens just before it breaks.

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."

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

Psalms 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)