

The Source of Our Feelings and Behaviors

Damages that occur during the first seven years of life (that is, during the first three stages of Erik Erickson's psychosocial development model) have the ability to impact the rest of our lives. All of the below damages below are forms of rejection.

Damage	Reaction	Behaviors
General Criticism	Lack the right to feel good about self. Lack willingness to take risks.	Tendency toward perfectionism, procrastination, and settling for second best.
Sibling/Other Comparison	Don't feel valued for who you are.	Tend to have unhealthy relationships, lean toward materialism, and/or have a highly competitive spirit.
Emotionally Unavailable Parents	A disbelief in possibility of intimacy. Afriad to trust. Insecure.	Relationships superficial. Tendency to sabotoge relationships.
Feelings Discouraged	Distrust of self and others. Ignorance of others feelings and a self destruction of our own feelings.	Emotional flatness. Emotions are faked. An underlying feeling of estrangement from others.
Abusive Touch/Freqent Spaking	Diselief in personal safety. Unsafe touch becomes normal.	Abuseiveness towards others. Emotional withdrawal. Sexual frigidity.
No Touch	A disbelief in true intimacy. Feeling of discomfort when touching or being touched.	Dependence in most relationships. Tend to have a fear of commitment.

Damage	Reaction	Behaviors
Body Shame	Feel the need to look/be perfect. Difficulty accepting self. Feelings cannot make mistakes.	Obsessive about appearance. Excessive fear of aging.
Repeated, Shameful Behavior (on part of parents)	Distrust of authority figures or whatever feels like "authority." Don't feel like "I belong."	Grandiose ideas. Feelings of being damaged and different. Chronic mistrust. A sense of insecurity.
Expected to Know (seldom given time or instruction to learn)	Fear of trying new things. Fear of punishment for mistakes. Cannot make mistakes.	A haunting sense of inferiority. Tendency towards perfectionism. Pretended ignorance. Anxiety.
Conditional Acceptance	Feel "I must be perfect." No right to refuse. No right to be tired.	Hyper-responsible. Denial of personal pain. People pleaser.

If you have experienced any of the damages listed above, it is likely that you may have exhibited some of these reactions and/or behaviors - and you still may, as an adult! However, there is One who will never reject you...God!

Just because you faced rejection as a child does not mean that you are worthless! It's very interesting that in the Bible, it is repeatedly written that we are not rejected. The God of the Universe loves and accepts us, regardless of our mistakes and sins. Just like an earthly father loves and accepts his son (even if the son misbehaves), so the Heavenly Father accepts and loves us. Our God wants us to know over and over again that we are loved and accepted.