

Betrayal, Abandonment, and Rejection

BAR

Betrayal: lead astray; to fail or desert esp. in time of need. To reveal unintentionally; to disclose in violation of a confidence. To deliver or expose to the power of an enemy by treachery or disloyalty; prove false to; to disappoint the hopes or expectations of; deceive; mislead, or seduce. Syn: reveal

Betrayal says: "I will sacrifice you on my behalf." "Me first, no matter what it costs you."

One who has been betrayed may exhibit some or all of these symptoms:

Anger, aggressiveness, bitterness, retaliation, self-protection, facades and walls built, independence, pessimism, cynicism. Betrayal is the basis for all mistrust.

Abandonment: To give up right or interest in. Withdraw protection, support or help. Relinquish, surrender, to give up wholly, neglect, cast out. Syn: forsake, desert

Abandonment says: "You aren't worth staying for." "I have no shared covenant or commitment with you."

One that has been abandoned might exhibit any number of these symptoms: defensive detachment, deep anxiety, jealousy, despair, (jealousy fights a loss, while despair turns and runs), a deep childhood anguish that reacts with anger.

Rejection

Reject: to refuse to accept, consider, submit to; to refuse to hear, receive or admit; rebuff, repel; to cast off, throw back, repulse, spew out. Syn: decline

The body language of a person that feels rejected might be: outbursts of anger, disgusted looks, impatient answers, social snubs, isolation.

One who has suffered rejection might exhibit one or more of these symptoms: belittling self-talk, loneliness, self-pity, seeks affirmation, validation and permission; man-pleaser, unable to give or receive forgiveness, judgmental, critical, anger, resentment and hostility, sarcasm, neglect, easily manipulated (because of desire to please), co-dependency, avoiding people or keeping relationships superficial, depression. We crave love, affection, fellowship and intimacy and turn to others to meet those needs. Compulsive eating, pornography, sexual addiction, wanting to control others, alcohol, drugs, addictive behaviors.