

The Rejection Zone

Do any of these sound familiar?

“I’m too busy right now”

“I’m supposed to go out with friends”

“I’ve committed to this project/organization/etc”

“Not tonight”

“No”

These are all expressions that are used to reject people, to tell them in an abrupt manner that the relationship is not a priority. As you were reading through the list you probably thought of a few others that you have said yourself. If you did, write those down here

Rejection of your spouse impacts many areas of your relationship

- Communication
- Sexual Intimacy
- Dates
- Spending Time Together
- How You Spend Money

It's important to recognize where rejection has been a factor in your marriage, your role in that rejection and it's impact on the two of you.

1. I have used the following expressions to reject my spouse

2. I have done this when I wanted to avoid

3. My rejection of my spouse has had the result of

Rejection can be a two way street in a marriage.

4. I have felt rejected when my spouse

5. It seems that this usually involves these areas of our marriage

6. His/her rejection of me has led me to do the following

7. If rejection was not a factor in our marriage, I think that we would have more...

Rejection doesn't mean that you aren't good enough. It means that the other person has failed to notice what you have to offer.

-Mark Amend