

Lesson #3



Alone But Not Lonely

Healing from Rejection and Abandonment



Alone But Not Lonely

DO YOU...

- Talk negatively to yourself.
- “Should” on yourself.
- Put yourself in situations where you fail, and then say “I told you so.”
- Feel something and then tell yourself you should not feel that way.
- Make a decision, act on it, then tell yourself that you should not have acted that way.
- Believe that you could never be forgiven for certain sins.
- Do not like the way you look.
- Feel hollow inside.
- Believe that God must have been on a lunch break when you were put into your final form.
- Dislike yourself so much that you believe that you do not have the right to put your feelings into account.
- Think that your self-value comes only when you do things for other people, not just for being who you are.
- Never say “no.”
- Think you do not matter.
- Think your needs are not important.
- Do not trust your feelings.
- Shame others desires.
- Disguise your pain well, by smiling in church.
- Feel that you need to be perfect.
- Refuse to enjoy life.

“Love Thy Neighbor as Thy Self” (Leviticus 19:18)