

Overcoming Rejection in a Relationship

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Rejection, we have all faced it at some point in our life. It can leave us feeling hurt, betrayed, a feeling of not being good enough, unloved and maybe even confused. Regardless of what rejection does for each of us it still SUCKS and is very much a real challenge many of us face. But why do we struggle more so with rejection in a relationship? What is it that causes our heart to ache and bleed more? The reality is when we put our heart out there we are vulnerable and when we are vulnerable we are very much susceptible to rejection. When we put love out there and it is not returned or when our partner decides to leave the relationship we begin to obsess on the relationship or person. We soon find ourselves making the relationship greater than it actually was or placing the person we were dating on a pedestal. Rejection breeds obsession; but we don't have to let our thoughts or feeling of rejection consume us, we can take this time to empower ourselves for something better. So how do we do that you ask?

To start, we can realize one of the most simple of concepts that we overlook all the time, YOU are awesome and a catch. Sounds corny, but is it really that corny? If you realize that you have a lot to offer someone then you have taken your first step to understanding how great of a person you really are. So that old saying "It's their loss" really does hold value and worth after all. Secondly, know that being vulnerable is power, so never feel or be afraid to feel vulnerable. There is always some level of risk when we put our hearts out there but we can choose to adopt the mindset of being detached from the outcome. This is probably one of the most difficult concepts to master, but if mastered it can lead to a much more care free life and effortless relationship. But you have to choose to adopt this mindset and practice it relentlessly. Now I want to be clear on this, "Being detached from the outcome" does not mean you are emotionless zombie or an asshole but rather ok with whatever the outcome may be.

You simply have a take it or leave it attitude. You're happy if that person is in your life but also happy if they choose not to be.

One of the next steps we can do to overcoming rejection is setting ourselves up to manifest the things we really want in our life. And that starts with looking deep into ourselves. We must love ourselves first. We must we really know what we want from a partner and have the strength and courage to walk away from someone when they don't offer what we want. When we truly know ourselves only then can we move forward to creating the space to find our ideal partner. When we start to define what we want and actually put action forward to creating it, the universe will manifest it before us. Understand if you let the fear of rejection rule you than you will never see your own beauty and worth and neither will anyone else.

Rejection is a reality of life but it doesn't have to have the power we give it. The more we encounter rejection the better we are able to succeed in our personal life, professional life and relationships. When we choose to not let things diminish our core or take it personal we ultimately are creating an opportunity to have life that starts happening for us rather than to us. Remember that the choice is ours and it's within choice that all things are possible.

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