

CHAPTER 1

Lovable		Unlovable
*Worthy		**Unworthy
Adequate		Inadequate
Secure in Self		Insecure in Self
Low Anxiety		High Anxiety

(Anxious Attachment Style)

- * Worthy: sound, strong, acceptable
- ** Unworthy: flawed, inferior, weak, unacceptable

Figure 1.1 Assessing Your Model of Self

Others are emotionally available			Others are emotionally unavailable
You have low avoidance of others			You have high avoidance of others
You approach others for support			You do not approach others for support
Others will reject you			Others will not reject you

(Avoidant Attachment Styles)

Figure 1.2 Assessing Your Model of Others

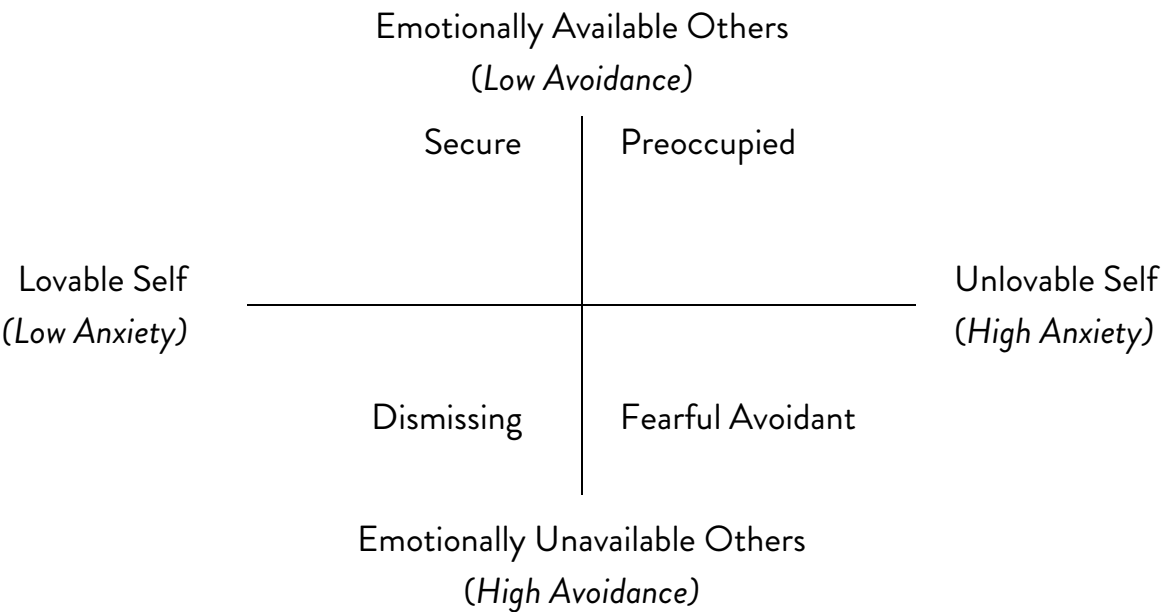


Figure 1.3 Four-Group Model of Attachment Styles in Adulthood

Based on Bartholomew and Horowitz (1991), Griffin and Bartholomew (1994), and Mikulincer and Shaver (2007).

CHAPTER 4

Explore Your Thinking

Write a sentence about a situation that causes you to struggle with rejection.

Focus	Immediate Thoughts	Reflections on Thoughts	Feelings
<i>Me</i>			
<i>Others</i>			
<i>Situation</i>			

Explore Your Thinking: Robin's Example

Write a sentence about a situation that causes you to struggle with rejection.

A woman came after me for making an illegal turn into the gas station.

Focus	Immediate Thoughts	Reflections on Thoughts	Feelings
Me	<i>Thinking I'm a terrible driver for making that mistake</i>	<i>I have no driving tickets, no car accidents, so I know I'm not a bad driver</i>	<i>I feel incompetent, inadequate, angry with myself</i>
Others	<i>Woman was crazy person; boss created this problem by keeping me late, which caused me to be rushed and distracted</i>	<i>The woman was angry, obviously triggered, but probably not "crazy"</i> <i>(I wonder whether she had already been upset about something else); my boss did not "make" me turn illegally</i>	<i>Afraid of woman's anger; afraid of and angry with woman for treating me like an idiot; angry with my boss for seeing me as incompetent</i>
Situation	<i>This would not have happened if there hadn't been so much traffic</i>	<i>I may have been less stressed if there were less traffic and may not have turned on red—but I can't really blame my mistake on traffic</i>	<i>Frustration with traffic fed into my feelings about myself, the woman, and my boss</i>

Chart Your Thoughts, Emotions, and Reactions

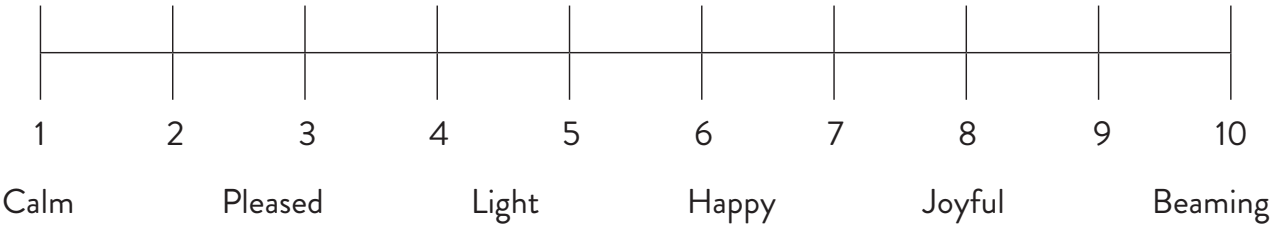
Conflict:		
Thoughts	Emotions	Reactions
Reflections:		

Chart Your Thoughts, Emotions, and Reactions: Selena's Example

Conflict: <i>I'm bored with my husband and my marriage.</i>		
Thoughts	Emotions	Reactions
<i>Husband is good man & good husband</i>	<i>Happy, loving</i>	<ul style="list-style-type: none"> - Want to continue life together - Sometimes fear him leaving me, marriage ending
<i>Husband is boring; just sits around</i>	<i>Bored, unhappy, frustrated</i>	<ul style="list-style-type: none"> - Want to end marriage and move on - Think of telling husband, but then fear regretting decision (remembering he's a good man); fear he would then not want to be with me and would reject me
Reflections: <i>Mike is not the most adventurous person, but he is open to trying new experiences when I plan them. I'd prefer that he initiate, but I guess I can plan more activities for us. I think we'd both be happier.</i>		

CHAPTER 5

Happy



Afraid

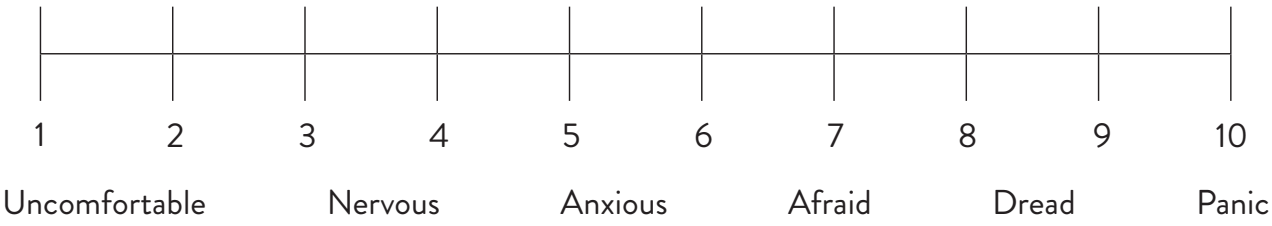
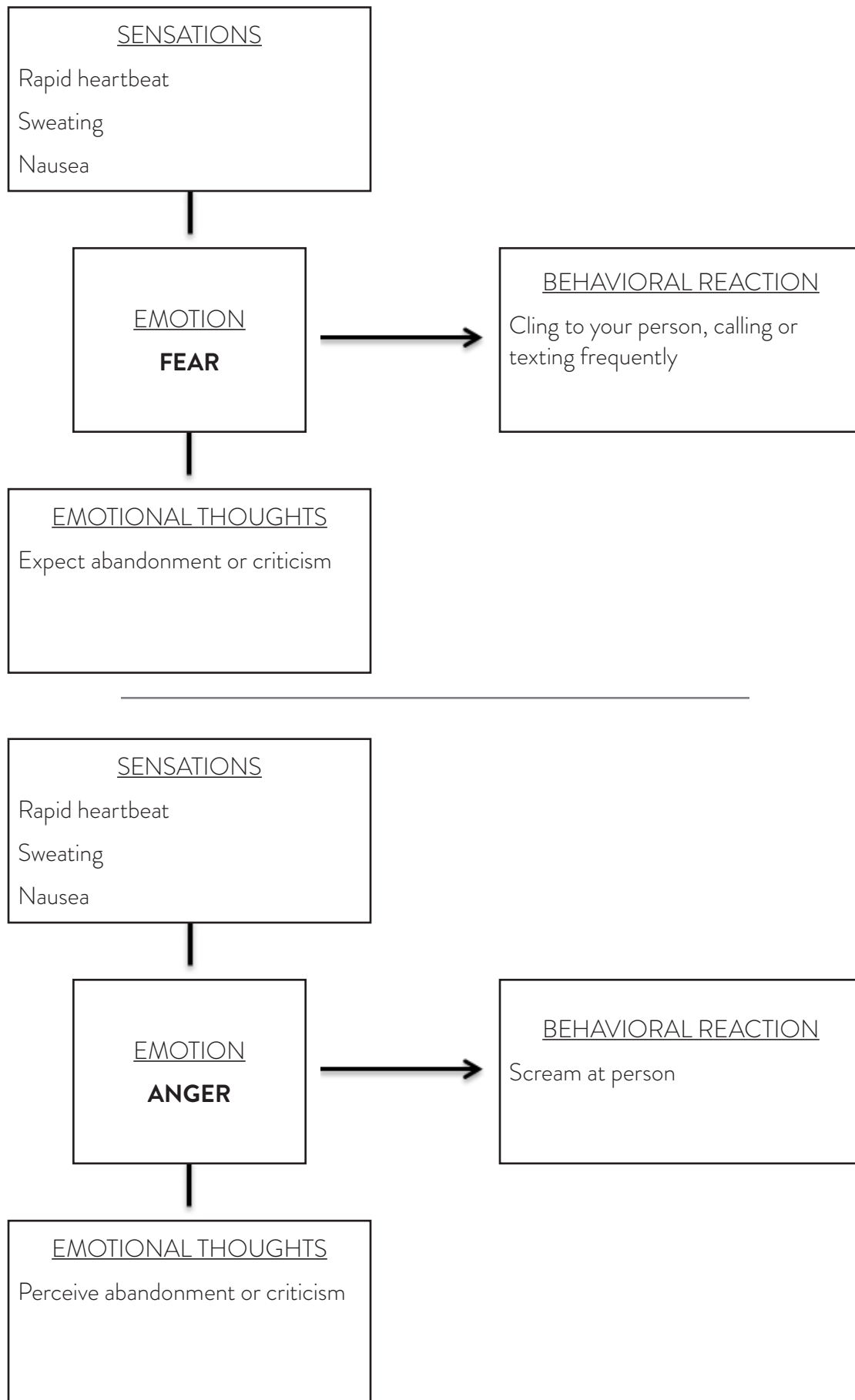
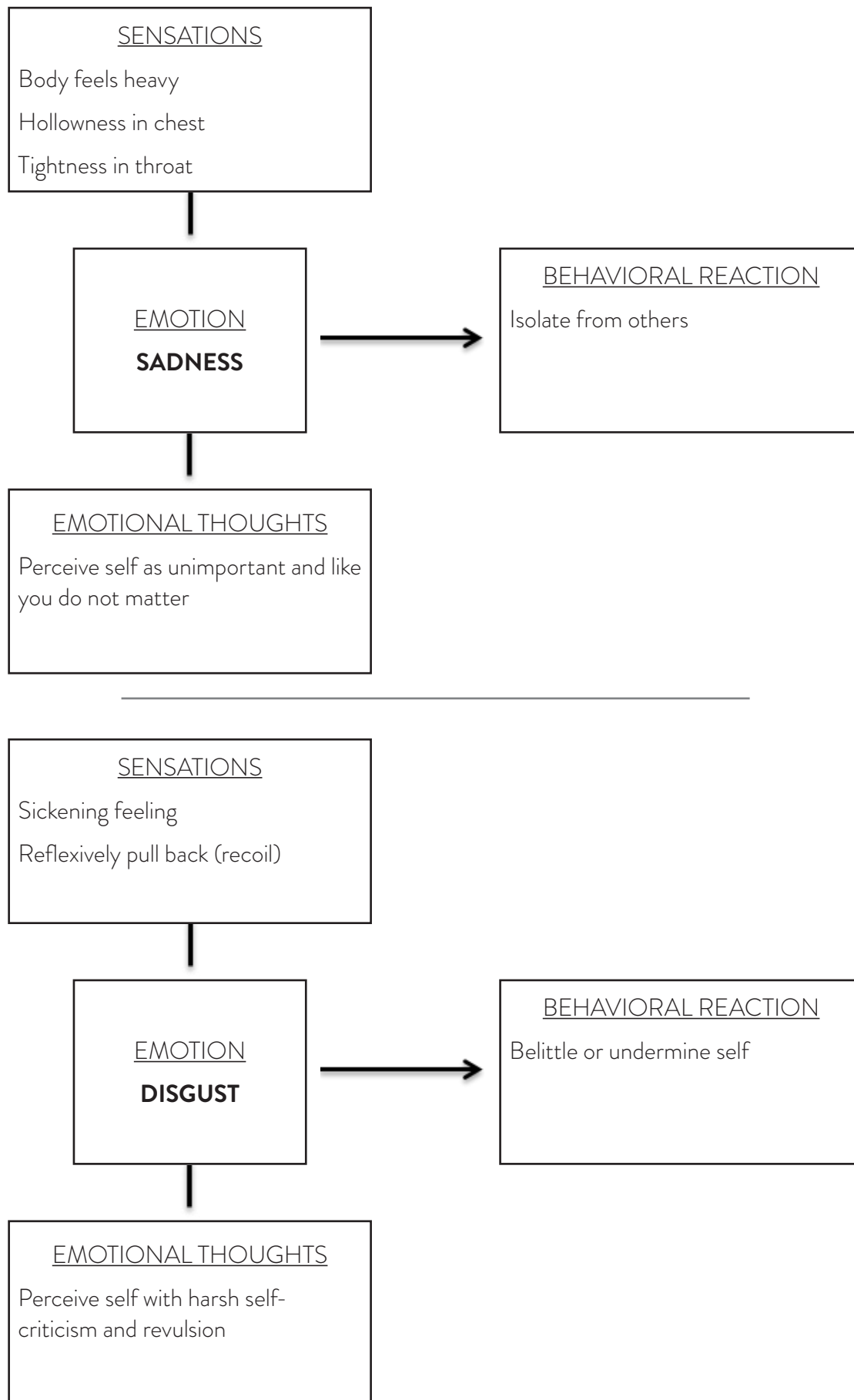


Figure 5.1 Chad’s Scales of Emotional Intensity: Happy and Afraid





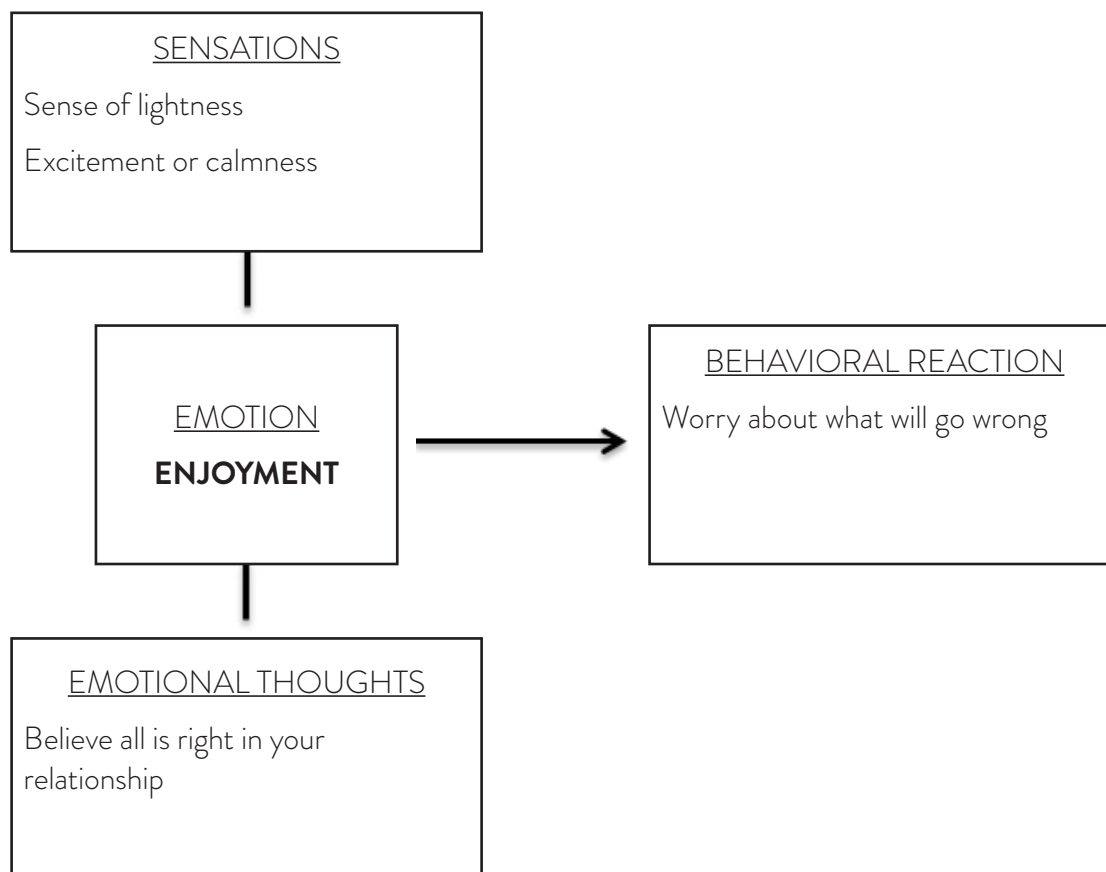


Figure 5.2 Diagrams of Ekman's Five Universal Emotions, as rejection-sensitive people might experience them

(based on Paul Ekman's timeline of emotions, found on www.atlasofemotions.org)

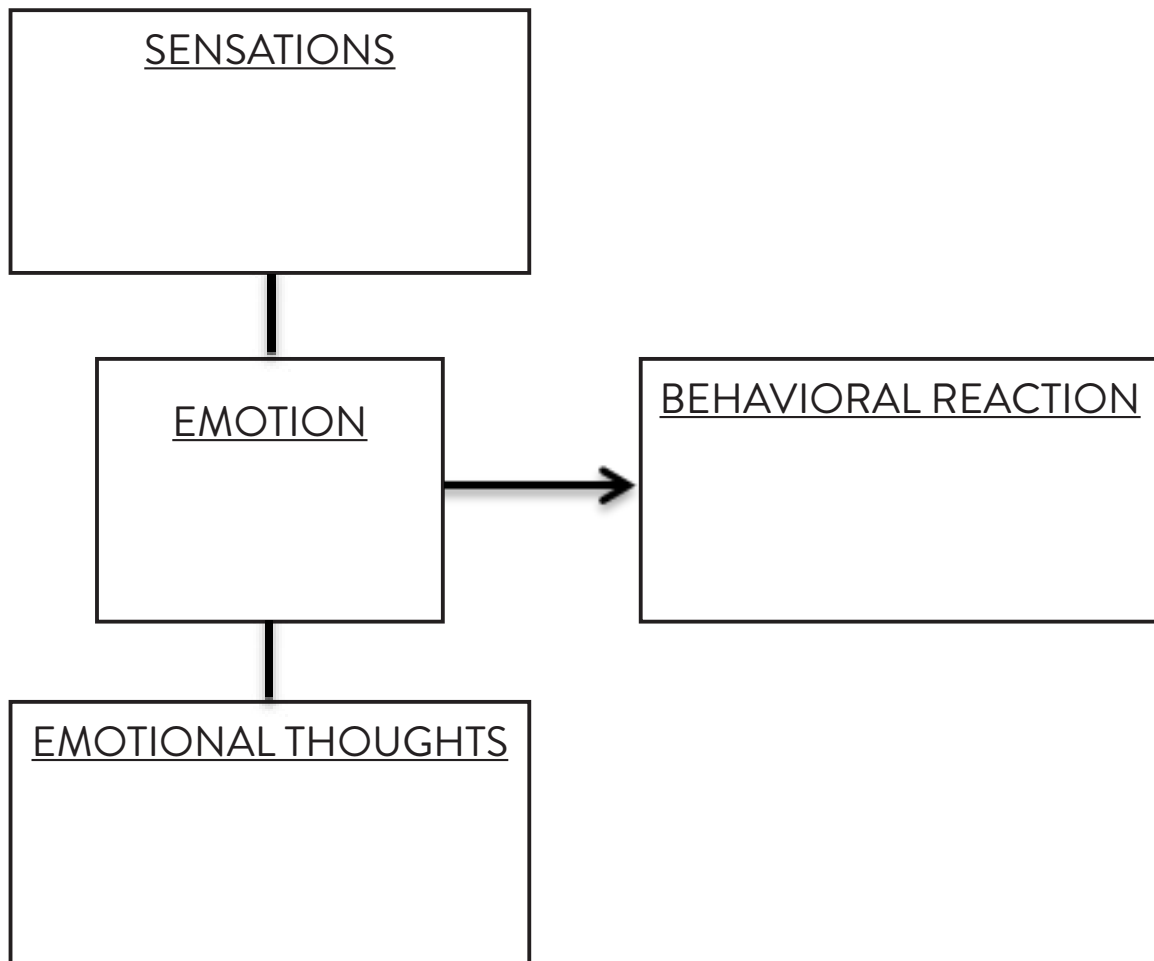
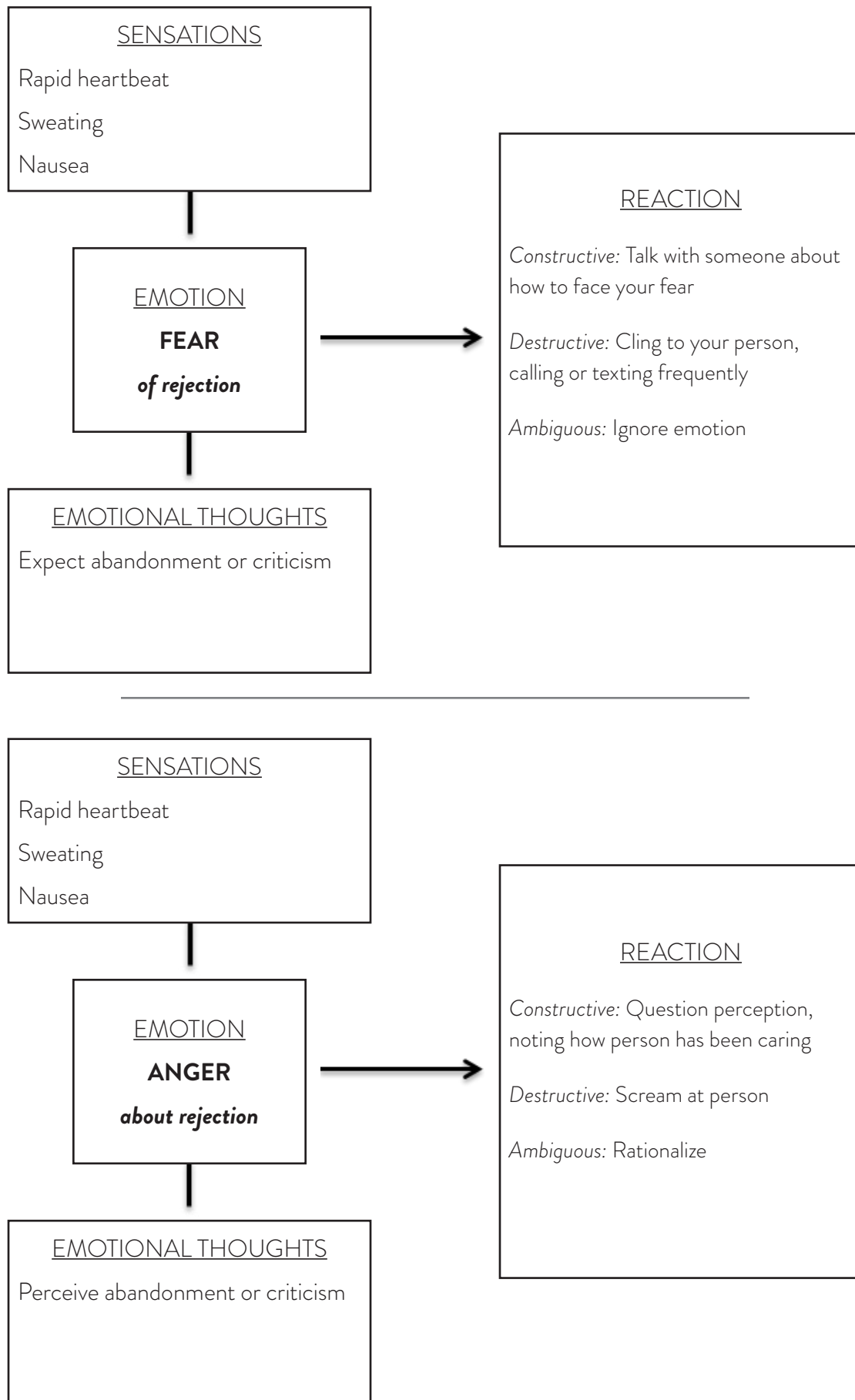
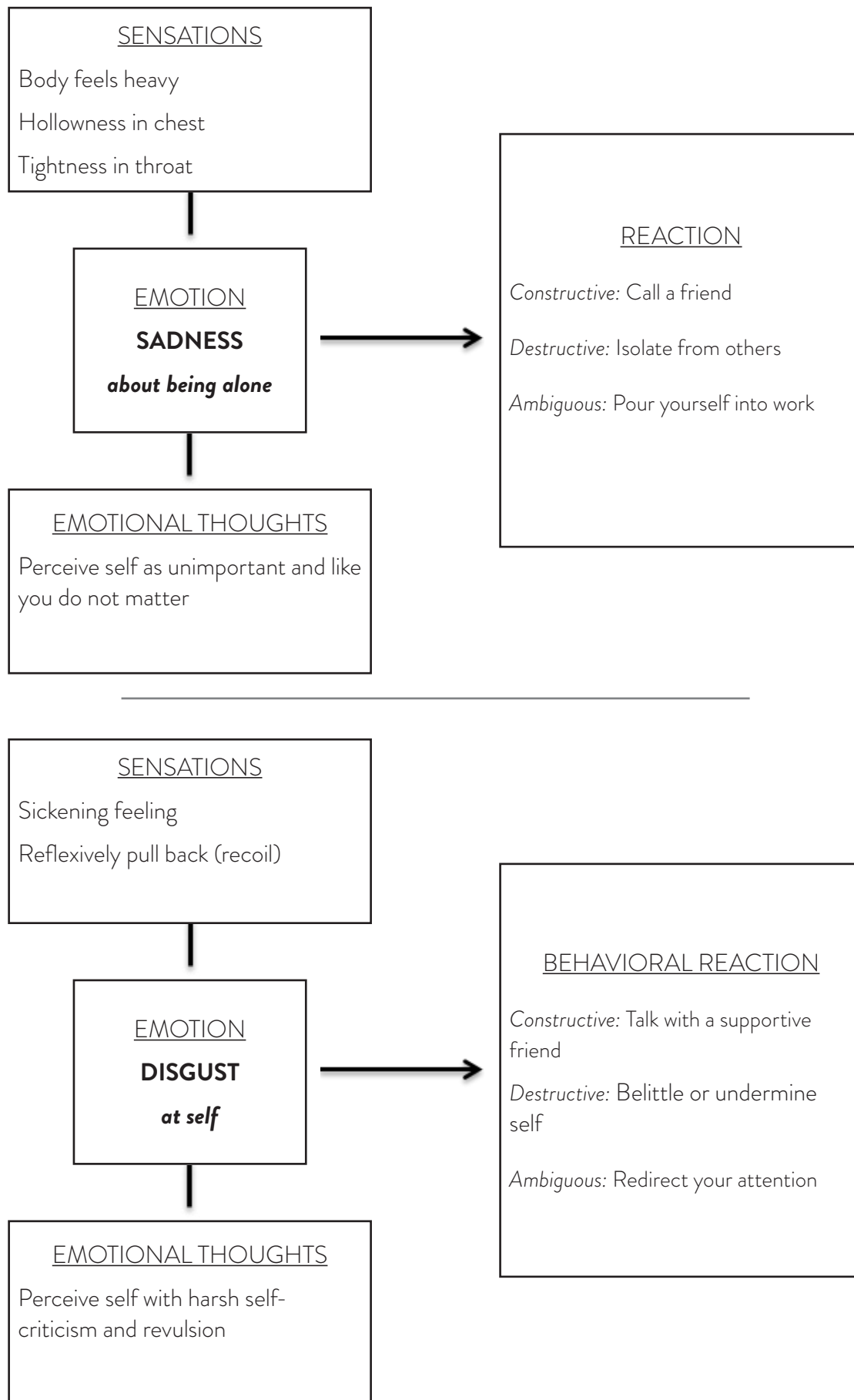


Figure 5.3 Follow Your Emotional Process





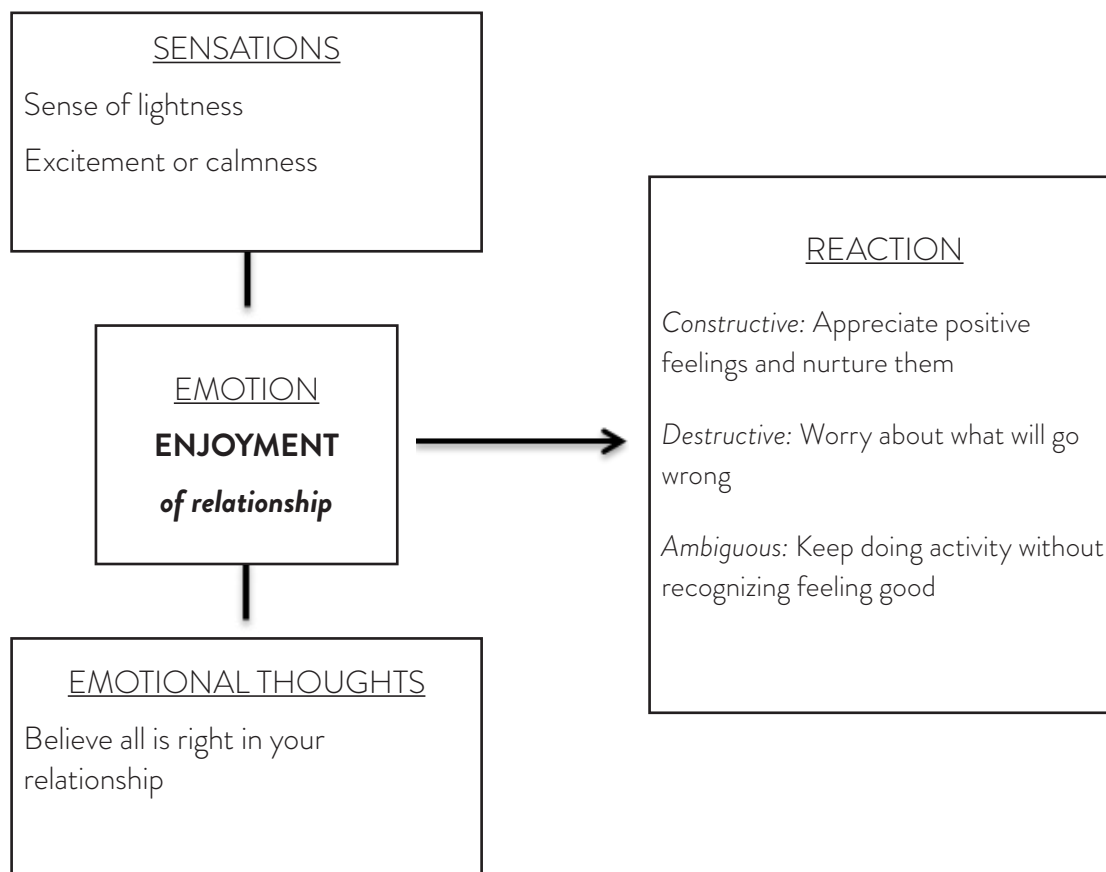


Figure 6.1 Diagrams of Emotions with Constructive, Destructive, and Ambiguous Responses

(based on Paul Ekman's timeline of emotions, found on www.atlasofemotions.org)

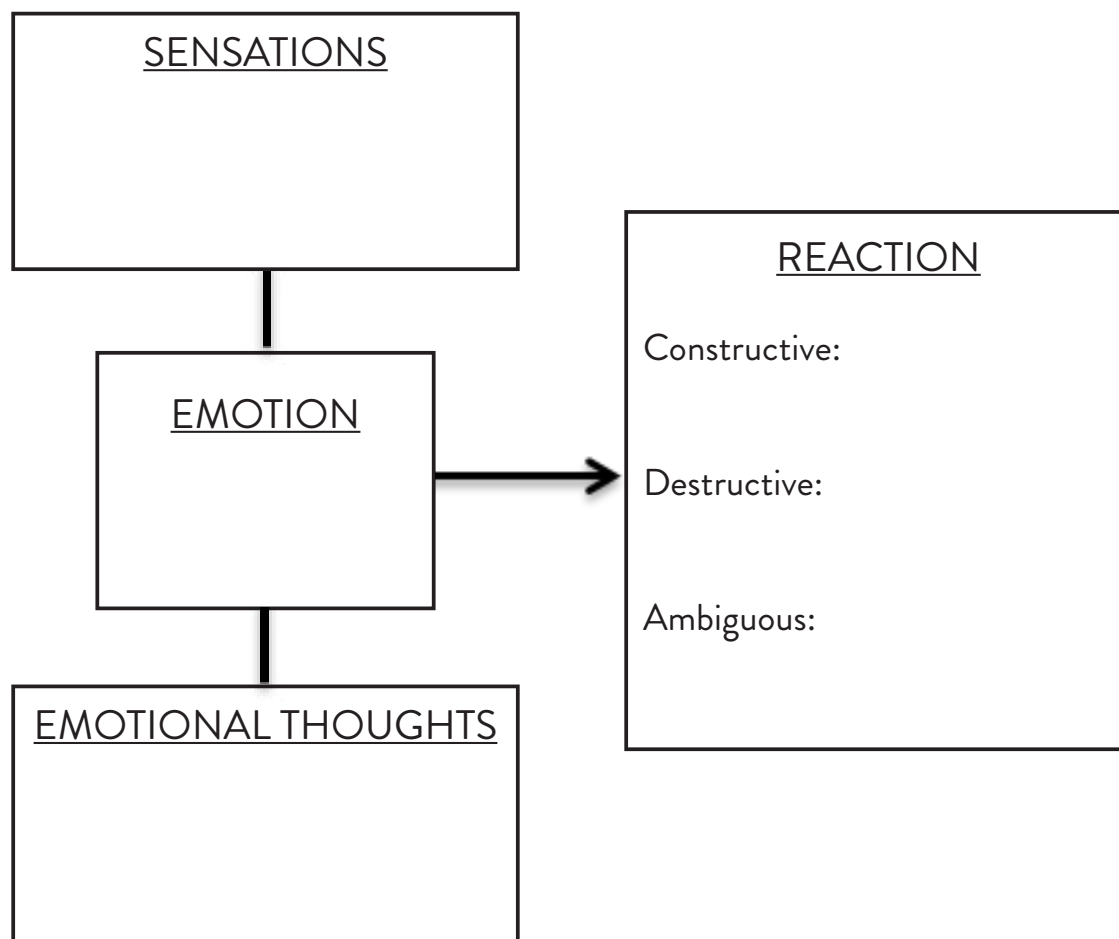


Figure 6.2 Observe Your Responses and Consider Your Options

(based on Paul Ekman's timeline of emotions, found on www.atlasofemotions.org)

CHAPTER 7

Clarify Your Goals

Clarify your goal(s): Think about how you would know when you are no longer particularly sensitive to rejection. State it in positive terms, noting what you want to move toward.

Develop objectives for the goal(s): Objectives are the specific steps you take toward meeting your goal. Use the domains of STEAM to create specific objectives.

SENSATIONS:

THOUGHTS:

EMOTIONS:

ACTIONS:

MENTALIZING:

Identify what needs to happen for you to make progress: Doing this requires more mentalizing—that is, having a better understanding of yourself. Feeling stuck? Ask yourself, “What do I need to do next to make progress?”

Clarify Your Goals: Chad's Example

Clarify your goal(s): Think about how you would know when you are no longer particularly sensitive to rejection. State it in positive terms, noting what you want to move toward.

Feel positively enough about myself that I don't assume Linda will leave me; I can tolerate Linda being upset with me; and I believe that I would survive my relationship with Linda ending (even if I'd be miserable for a while).

Develop objectives for the goal(s): Objectives are the specific steps you take toward meeting your goal. Use the domains of STEAM to create specific objectives.

SENSATIONS: Feel physically less tense or relaxed when talking with Linda and things objectively seem to be okay

THOUGHTS: Think more positively about myself in general; think positively about myself when I express a different opinion from Linda and other people

EMOTIONS: Feel happier and at peace with myself in general; tolerate my fears of rejection enough to be able to get past them (rather than being totally sucked into them)

ACTIONS: Tell Linda what I think when I disagree with her; do the same thing with other people

MENTALIZING: Recognize what's going on for Linda rather than always assuming she's looking for a way to ditch me

Identify what needs to happen for you to make progress: Doing this requires more mentalizing—that is, having a better understanding of yourself. Feeling stuck? Ask yourself, “What do I need to do next to make progress?”

I need to see I was unnecessarily hard on myself and that I'm always expecting others to reject me even when there is no reason to think that, then maybe I can start to let go of my fears of rejection

Understand Yourself Through STEAM

Sensations	
When I struggle with rejection or the fear of it, I often sense in my body...	
List “positive” sensations +	List “negative” sensations -
Write about how these sensations affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Emotions	
When I struggle with rejection or the fear of it, I often feel...	
List “positive” emotions +	List “negative” emotions -
Write about how these emotions affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Actions	
When I struggle with rejection or the fear of it, I often act or behave by...	
List “positive” actions +	List “negative” actions -
Write about how these actions affect your life. Be sure to reflect on and explore any positive outcomes that might reinforce your struggles with rejection.	

Understand Yourself Through STEAM: Janine's Example

Sensations	
When I struggle with rejection or the fear of it, I often sense in my body...	
List "positive" sensations +	List "negative" sensations -
<i>Energized (to prove myself)</i> <i>Alert</i>	<i>Headache</i> <i>Tension in my chest</i>
<i>My thinking about rejection often makes me feel tense and physically not well. That makes it hard to concentrate at work or enjoy myself with friends. Though it can make me feel alert, that's a heightened sense of looking to protect myself—I think this is my way of trying to protect myself from getting hurt.</i>	

CHAPTER 8**List of Enjoyable Activities**

Watch TV shows or movies	Daydream	Plan new goals
Watch sports on TV	Plan your future	Plan a vacation
Play games on your phone	Get dressed up	Go on vacation
Surf the Internet	Groom (e.g., hair, nails)	Ride a motorcycle
Engage with social media	Take a shower or bath	Go for a drive
Watch funny movie, video	Get a massage	Gamble
Go to live comedy shows	Spa day (e.g., sauna, facial)	Drink coffee, tea, etc.
Laugh	Do landscaping	Sip wine, beer, etc.
Make someone laugh	Help others	Watch the sunrise, sunset
Smile	Make or buy gifts	Get a good night's sleep
Exercise	Fix something	Nap
Dance	Go out to dinner	Putter around the house
Do yoga, tai chi, etc.	Try new foods	Cook
Meditate	Eat "junk" or comfort food	Bake
Pray	Have a picnic or barbecue	Watch children play
Attend religious service	Have political conversation	Play with children
Play a sport	Be active politically	Play games (e.g., cards)
Fish	Talk about books, movies	Play miniature golf
Swim	Discuss the arts	Read a book, magazine
Bicycle	Learn a new skill	Browse a bookstore
Clean, organize	Learn about a new topic	Talk with friends, family
Accomplish tasks	Attend lecture, class, etc.	Socialize
Play an instrument	Be affectionate	Meet new people
Listen to music	Have a romantic date	Throw a party

Create artwork	Have sex	Shop
Do creative writing	Have a sexual fantasy	Stroll in a town, city
Make crafts	Go to the movies	People watch in public
Do puzzles (e.g., crossword)	See live theater or concert	Volunteer
Tend a garden	Go to a museum	Engage in a hobby
Listen to the rain	Go to an aquarium	Collect things
Watch a thunderstorm	Go to the zoo	Spend time at the beach
Go for a walk	Go to a planetarium	Watch a candle's flame
Hike or spend time in nature	Go to an escape room	Build a bonfire at night
Watch animals in nature	Browse art galleries	Stargaze
Hold or play with a pet	Go to an amusement park	Decorate your home

APPENDIX

List of Emotions

(Becker-Phelps 2014)

HAPPY

At ease	Relaxed	Glad	Humorous	Comfortable
Energetic	Wonderful	Blissful	Relieved	Playful
Optimistic	Pleased	Excited	Delighted	Calm
Ecstatic	Vital	Peaceful	Proud	Exhilarated
Inspired	Content	Elated	Well-Being	Spirited
Satisfied	Thankful	Lighthearted	Grateful	
Hopeful	Cheerful	Serene	Tranquil	

COMPETENT

Adept	Together	Inspired	Adequate	Worthy
Strong	Independent	Important	Thoughtful	Indestructible
Secure	Confident	Self-Reliant	Self-Assured	Courageous
Capable	Cocky	Savvy	Composed	Privileged
Arrogant	Powerful	Invulnerable	Brave	Invincible

VALUED

Accepted	Loved	Appreciated	Worshiped	Desirable
Cherished	Understood	Respected	Adored	Validated
Favored	Included	Wanted	Idolized	
Belonging	Revered	Desired	Admired	

LOVING

Affectionate	Attracted	Fond	Longing	Aroused
Adoring	Desirous	Horny	Lustful	
Enchanted	Infatuated	Passionate	Yearning	

CARING

Compassionate	Liking	Concerned	Forgiving	
Tender	Connected	Warm	Empathic	

INTERESTED

Absorbed	Fervent	Dedicated	Intrigued	Engrossed
Eager	Ardent	Fascinated	Curious	Committed
Resolute	Determined	Anticipating	Intent	Focused
Challenged	Motivated	Enthusiastic	Addicted	

VINDICATED

Absolved	Forgiven	Redeemed	Appeased	
----------	----------	----------	----------	--

UNHAPPY

Agonized	Suspicious	Detached	Anguished	Withdrawn
Disillusioned	Grief-stricken	Inadequate	Envious	Startled
Melancholy	Stressed	Regretful	Disappointed	Sullen
Discontented	Crushed	Guilty	Disheartened	Depressed
Jealous	Miserable	Pained	Low	Blue
Sad	Alone	Tortured	Heartbroken	Gloomy
Hurt	Dissatisfied	Moody	Inferior	
Pessimistic	Shameful	Stubborn	Remorseful	
Despondent	Discouraged	Dark	Needy	
Negative	Lonely	Somber	Pathetic	

INSECURE

Awkward	Torn	Foolish	Uncomfortable	Puzzled
Lost	Common	Surprised	Embarrassed	Worthless
Unsure	Indecisive	Bewildered	Uneasy	Disoriented
Confused	Unfocused	Silly	Baffled	Uncertain

OVERWHELMED

Burdened	Useless	Disorganized	Compelled	Impotent
Thwarted	Hopeless	Helpless	Trapped	Exhausted
Obliterated	Confused	Worn down	Weak	
Despairing	Defeated	Obligated	Devastated	
Worn out	Pressured	Powerless	Consumed	

UNLOVED

Abandoned	Oppressed	Disparaged	Humiliated	Belittled
Deserted	Victimized	Aching	Overlooked	Left out
Judged	Lonely	Discarded	Chastised	Alienated
Criticized	Unsupported	Labeled	Misunderstood	Disgraced
Ignored	Betrayed	Cut off	Used	Shamed
Rejected	Singled out	Insignificant	Excluded	
Hated	Alone	Repulsive	Unlovable	

FEARFUL

Afraid	Frightened	Terrified	Defenseless	Petrified
Anxious	Horried	Vulnerable	Doubtful	Shaky
Cautious	Nervous	Concerned	Panicked	Timid
Cowardly	Paranoid	Alarmed	Hesitant	Worried
Distrustful	Scared	Apprehensive	Hysterical	
Dreading	Suspicious	Exposed	Tense	

ANGRY

Aggressive	Resentful	Hostile	Annoyed	Scornful
Outraged	Fuming	Frustrated	Repulsed	Furious
Livid	Disgusted	Offended	Mad	Enraged
Defiant	Contemptuous	Irritated	Disdainful	Irate
Appalled	Infuriated	Indignant	Bitter	Incensed

INDIFFERENT

Ambivalent	Complacent	Lazy	Passive
Apathetic	Flat	Lethargic	Unmotivated
Bored	Lackadaisical	Numb	

SURPRISED

Amazed	Astonished	Shocked
--------	------------	---------