



BEFRIEND BEING DISLIKED

LEARNING HOW TO BEAR LONELINESS AND PRESS INTO BEING DISLIKED OR MISUNDERSTOOD IS ONE OF THE MOST IMPORTANT SKILLS TO AVOID TOXIC RELIGION AND CULT ABUSE. OTHERWISE, WE MAY LEAVE ONE TOXIC GROUP AND JOIN ANOTHER. A PAINFUL REALITY OF STANDING UP TO RELIGIOUS ABUSE IS THAT WE MAY BE MISUNDERSTOOD BY PEOPLE WE WERE ONCE CLOSE TO. SOMETIMES THEY REJECT US. THEY SAY HURTFUL THINGS OR PULL AWAY. IF WE AREN'T CAREFUL, WE MAY START INTERNALIZING THEIR HARSH WORDS AND CRITICISMS. ALTHOUGH IT'S HURTFUL, THERE IS NO NEED TO FEAR OR AVOID NEGATIVE EMOTIONS. IN LIFE, THEY WILL COME AND GO. SOMETIMES, BEING REJECTED IS PROOF YOU DID SOMETHING RIGHT. ANSWERING THE QUESTIONS BELOW CAN HELP YOU FIND WAYS TO SEPARATE YOUR SELF-TALK AND SELF-PERCEPTION FROM THE MISCONCEPTIONS OTHERS MAY HAVE ABOUT YOU.

1- WHAT MISCONCEPTIONS DO PEOPLE HAVE ABOUT YOU?

2- WHAT HAVE PEOPLE SAID TO YOU AND ABOUT YOU THAT WASN'T TRUE OR THAT WAS UNFAIR?

3- WHAT DO YOU FEAR PEOPLE MAY SAY TO YOU OR ABOUT YOU AS YOU CONTINUE ON YOUR HEALING JOURNEY?

4- HOW HAVE YOU BEEN AFFECTED BY THE WORDS AND PERCEPTIONS OF OTHERS?

5- DO YOU HAVE TO AGREE WITH PEOPLE'S PERCEPTIONS OF YOU?

6- IN THE LEFT COLUMN BELOW, LIST THE HURTFUL THINGS PEOPLE HAVE SAID TO YOU AND ABOUT YOU. IN THE RIGHT COLUMN, CHALLENGE THOSE WORDS AND PERCEPTIONS WITH THE TRUTH.

HURTFUL WORDS FROM OTHERS	MY TRUTH
<i>EXAMPLE: YOU HAVE A BIG MOUTH.</i>	<i>EXAMPLE: I WAS BRAVE ENOUGH TO CONFRONT THE TRUTH.</i>

7- IN THE LEFT COLUMN BELOW, LIST THE HURTFUL THINGS THAT YOU SAY TO YOURSELF AFTER RELIGIOUS ABUSE. IN THE RIGHT COLUMN, CHALLENGE THOSE WORDS WITH THE TRUTH.

NEGATIVE SELF-TALK	POSITIVE SELF-TALK
<p><i>EXAMPLE: I DON'T HAVE WHAT IT TAKES TO MAKE IT.</i></p>	<p><i>EXAMPLE: I AM SO STRONG TO HAVE MADE IT THIS FAR. THAT PROVES I HAVE WHAT IT TAKES TO MAKE IT.</i></p>

8- WHAT ARE YOUR BEST QUALITIES? WHAT ARE YOUR FAVORITE THINGS ABOUT YOURSELF?

9- WHAT ARE YOUR TALENTS? WHAT MAKES YOU UNIQUE?

10- WHAT ARE SIMPLE THINGS YOU ENJOY DOING OR YOU WOULD LIKE TO START DOING?

11- WHAT ARE SOME THINGS THAT YOU CAN START DOING THAT ARE JUST FOR YOU AND NO ONE ELSE? LIST A FEW ACTIVITIES YOU CAN DO WHILE ENJOYING YOUR OWN COMPANY. HOW OFTEN WILL YOU DO THEM?

ACTIVITY	WHEN? HOW OFTEN?
<p><i>EXAMPLE: WORK ON MY VEGETABLE GARDEN.</i></p> <p><i>EXAMPLE: TAKE WALKS.</i></p>	<p><i>EXAMPLE: IN THE MORNINGS BEFORE LOGGING INTO WORK.</i></p> <p><i>EXAMPLE: EVERY DAY AFTER LUNCH.</i></p>

IT MAY FEEL UNNATURAL AT FIRST TO BEFRIEND BEING DISLIKED AND TO SPEND TIME ALONE. BUT IN THE LONG RUN, BEING ABLE TO ENJOY YOUR OWN COMPANY AND STAND ON YOUR TRUTH IS EMPOWERING. IT WILL ALSO MAKE YOU BETTER AT CHOOSING THE RIGHT PEOPLE TO SPEND YOUR TIME WITH. AND IT HELPS YOU WALK AWAY FROM TOXIC PEOPLE AND SITUATIONS SOONER.