



**Voice of Restoration  
International Ltd.**

TRANSFORMING COMMUNITI

P.O.BOX 1229, ARUA. Email: [info@voiceofrestorationinternational.org](mailto:info@voiceofrestorationinternational.org)  
Telephone: +256 774 805 028 | +256 705 308 700

**Vision:**

A psycho-socially healthy people transforming their communities.

**Mission:**

Healing and restoring nations through building practical hope and faith For a healthy holistic wellbeing for transformation of communities.

**Core Values**

- Christ Centeredness
- Honesty
- Commitment
- Excellence
- Respect
- Hardwork

**Services Offered:**

- Holistic Counselling & Guidance.
- Crisis & Trauma Healing & Management.
- Capacity Building.
- Positive Parenting Skills.
- Rehabilitation.
- Drug addiction.
- Child Protection.
- Career Development

**AFRICAN MENTAL HEALTH CONFERENCE, GHANA 16-20  
MAY 2022.**

**IMPACT OF REJECTION ON MENTAL HEALTH AND HOW TO  
OVERCOME IT.**

Care and love are inherent to human nature. Every human being wants to feel loved, cherished and cared for and to express the same to others. Everyone has a conviction that he or she is good enough to deserve certain things in life. Ultimately, the feeling that no one loves and/ or cares for you is extremely hurtful. We want to feel loved, cherished and cared for by our family members, relatives, friends, workmates and all other people around us. Unfortunately, there is another force that is common; rejection.

Rejection is the act of refusing to accept, use or believe in oneself, something or somebody.

Oftentimes we do not understand why we are rejected and we keep asking the question, “why me and why now?” which then leads to the feeling, ‘I am not good enough’.

It is sad that you cannot discuss your pains of rejection at your place of work, with your family and friends and at church. When your personal prayer item with regard to rejection that has resulted into hyper sexuality, suicidal ideas and depression becomes gossip news, where should one turn to?

It is really sad that one cannot even open up about their HIV status to a church member, workmate, family members for fear of victimization. Many relationships and marriages are in the Intensive Care Unit because some people choose to suffer in silence as they have been conditioned to by the norms in society. The consequences of stigma can be serious and devastating. With stigma, comes a lack of understanding from others, which can be invalidating and painful, but stigma also



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carries more serious consequences including fueling fear, anger, and intolerance directed at other people. People who are subjected to stigma are more likely to experience reluctance to seek out treatment, delayed treatment, which increases mortality, social rejection, avoidance, and isolation, worse psychological well-being, poor understanding among friends and family, harassment, violence, or bullying, poor quality of life, disability, and increased socio-economic burden, increased feelings of shame and self-doubt.

Each day everyone feels rejected, but how people respond to the rejection makes all the difference. However, my call to you is to take full responsibility in overcoming the feeling of being rejected.

As a Liverpool fan, we have the most famous song in the world. When you walk through a storm, hold your head up high; do not be afraid of the dark. At the end of a storm, there is a golden sky. And a sweet silver song of a lark, walk on through the wind, walk on through the rain, though your dreams be tossed and blown, walk on with hope in your heart and you will never walk alone, you will never walk alone. The song makes sense to me every single day. If you are currently walking through a storm of rejection, never lose hope.

Rejection is an internal battle that is fought on daily basis. That is why the battle is won by those who are emotionally, mentally and spiritual stable. We rub shoulders every day with people who are desperate, hurting, and lonely. We may not even be aware of the dark road they travel. Sometimes we notice, but often we do not. Maybe we are too busy, preoccupied, or overwhelmed ourselves. To be honest, many times, we might be those people, the desperate, the hurting and the lonely. Many handsome and beautiful young people decide to remain single because of heartbreaks of rejection. Many people struggle at work, business or career because of Rejections.



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Rejection manifests in many ways through abandonment, insults and abuses, false accusations, starvation, corporal punishments and harassments, isolation from others, negative attitude towards you, never been appreciated but rather blamed, being despised among others for various reasons in our homes or families, school, place of work, relationship and marriage.

Many claiming that they are working hard because of their families but they have poor relations with the said family members and others do not even spend quality time with the family. For others, it is the children they are working for but the children are being spoilt because they do not have time with their own parents. Many children have been abandoned in the hands of house cleaners and daycare service providers just because we say we are very busy.

Due to the compounded effect of rejections received from family, place of work, relationships or marriage, many people get themselves self- imprisoned in their own prison cells.

A prison is a facility in which inmates are forcibly confined and denied a variety of freedoms under the authority of the state. Life imprisonment is any sentence of imprisonment for a crime committed under which convicted people are to remain in prison either for the rest of their natural lives or until pardoned, paroled or otherwise commuted to a fixed term. Remember that many people are convicted falsely and serve sentences in prison. Prison can be classified as; Physical prison, Financial prison, Social prison, Emotional prison, Mental prison, Spiritual prison. All these prisons above affect performances at work, family, relationships and career development.



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## SIGNS OF SELF- IMPRISONMENT

### PRISONS

- ▶ Physical prison,
- ▶ Financial prison,
- ▶ Social prison,
- ▶ Emotional prison,
- ▶ Mental prison,
- ▶ Spiritual prison.



1. Unforgiveness. Our memories store everything. You move through days without knowing what is composing or being kept in cellular memories. When you least expect it, you step on that thorn of the past and the pain, abuse, belittling, and self-worth issues overwhelm you. You continue to carry the horrific acts of the pain in every part of your being. Forgiveness is never for the other person. It is for you to move past the bars of solitary confinement. Open the gate of your prison cell by forgiving your part in that story and letting go of whatever the other person did to you. The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.

2. Bitterness. Bitterness breaks relationships in families, place of work, business etc. Esau wanted to kill his brother Jacob because of bitterness. Many people serving murder charges in prisons do so because of bitterness in their hearts. Sibling rivalry is common in both monogamous and polygamous families. The cause is always associated with favoritism shown by parents to one child over another.



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3. Not living through your authentic nature. We are constantly trying to experience love with others, waiting for another to value us, doing everything possible to please others but it starts with the self. If you don't see your worth, no one else will ever see it either.

4. Being stuck in an unhealthy relationship full of traumatic experiences.



Trauma is not a sickness. It is a normal reaction to an abnormal situation and if it is not treated it can lead to sicknesses. It is a severe, sudden, unpleasant and upsetting experience. Trauma occurs when a life threatening event mobilizes all senses and other biological mechanisms for instance sight, sound, smell, taste and touch (senses) and suppression of emotions. They can come at anytime and anywhere causing the feeling of mental chaos. These affect the physical, social and psychological functioning of a person. Both children and adults can be traumatized.

What happens if we ignore trauma? "Hurt people will hurt others" If we don't use the energy accumulated during the freeze response for something productive, we may use it against ourselves or others. When we turn trauma energy against ourselves, we call it acting in and when we turn trauma energy against others, we call it acting out



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**Acting in can include;**

- ❖ Addition, alcohol or drugs, sex, gambling
- ❖ Overworking
- ❖ Risk sexual behavior
- ❖ Depression, sadness, withdrawal or hopelessness
- ❖ Feelings of numbness, anxiety, self-blame shame, emptiness, worthless
- ❖ Physical ailments: pain, headache, change in appetite, weakness

**Acting out can include:**

- ❖ Criminal behavior and violent acts
- ❖ Aggression, blaming others, irritability
- ❖ Inability to be flexible, tolerant of show empathy
- ❖ Domestic violence and sexual abuse
- ❖ Repetitive conflicts

NB: Acting in and acting out behaviors lead to cycles of violence, both against oneself and others.

**5. REMAINING IN DEPRESSION FOR YEARS**





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Depression is one of the monsters that rob us off our loved ones prematurely. When not dealt with early enough it results to devastating consequences such as suicide, which really affects the family and friends of the deceased. Depression does not start when you start seeing suicidal notes but this is a pointer that it is in its advanced stage. Lack of interest in what one used to do, feelings of helplessness and hopelessness, withdrawal and isolation, over sleeping or sleeping for fewer hours than normal, loss of appetite, fatigue and loss of energy, trouble focusing, making decisions, or remembering things, an increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain, poor hygiene or a person is suddenly unkempt and untidy, talking uncoordinated things are some of the signs of signs of depression.

6. Obsession with addictions. Addiction is an imprisonment to the soul's yearning for peace and connection. It is a destructive way of dealing with hurt. Remember Hurt people hurt others. Sometimes we;

1. Deny the hurt by wearing a mask showing as if nothing happened
2. Hurting back yet revenge compounds the problem
3. Disguising the hurt labeling the hurt wrongly. 'I am not hurt, and I am glad it happened'
4. Wallowing in the hurt, admitting the hurt, talking about it continuously without trying to resolve or get an answer for the hurt and soliciting sympathy.
5. Anaesthizing the hurt, developing psychological painkillers like engaging in drug abuse, over eating, alcoholism, over indulgence in sex.
6. Hurting self, punishing self and blaming self for being hurt
7. Avoid contact with people or hiding from the hurt



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**What addiction have you found yourself in because of the painful experiences in life? Help is available.** Don't feel the need to try to hide your pain, or struggle through on your own when you are hurting.

**Don't look for sympathy but look for a solution!** Rejections come mostly from social or psychosocial, spiritual, financial backgrounds.

**COMMON CAUSES REJECTION:**

**Personal contributions**

- ❖ Bad character and habits
- ❖ Rebellion
- ❖ Negative personality traits
- ❖ Laziness
- ❖ Poor managerial skills

**Causes beyond our making**

- ❖ Barrenness
- ❖ Age difference
- ❖ Poor physical stature
- ❖ Sickness / chronic poor health condition
- ❖ Generational rejection/curse
- ❖ Racism





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- ❖ Positional insecurity
- ❖ Tribal differences
- ❖ Negative recommendation by others
- ❖ Envy and jealousy
- ❖ Social status
- ❖ Faith differences
- ❖ Poverty
- ❖ Standing on the truth
- ❖ Witchcraft

**CHALLENGE AT HAND:**

- ❖ Most individuals, staff and organizations have increased medical costs, reduced productivity, absenteeism due to poor health, trauma etc.
- ❖ Loss of self-esteem, passion, dreams and vision due to rejections from different spheres of life.
- ❖ Poor and negative attitude and mindset to life.
- ❖ A state of confusion, bitterness, anger and jealousy.
- ❖ Increased cases of teenage pregnancies by teachers.
- ❖ Multiple borrowing to try to impress
- ❖ Drug and substance abuse.
- ❖ Increased rate of domestic violence, separation and divorce.
- ❖ Increased cases of depression, suicide and murder.
- ❖ Dysfunctional societies with high crime rate.



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**HOW TO OVERCOME REJECTION: GENERAL PRINCIPLE!**

1. Understand the cause of the rejection. You can only do what you know. The truth you know is what will set you free.
2. Build a strong relationship with God.
3. Discover who you are. If you don't know who you are, the chances of becoming who you are not are high. Let your toxic environment not define you.
4. Talk to a friend or counselor. Seek out professional treatment and care.
5. Find comfort in support groups and fellowships who have nourishing activities.
6. Mind your language (self-talk). Words do not travel as grammar but as energy.
7. Mind your associations. Your association demands participation. You are the average of the 5 people you spend most of your time with.
8. Forgive yourself and others. The lack of forgiveness is the root cause of all poor physical, emotional, mental health.

**Prepared by**

**DRILEBA DRATIBI DANIEL**

Founder and Managing Director Voice Of Restoration International Limited, Author, Mental health advocate.

**+256774805028**

**[ddrilebadratibidaniel@gmail.com](mailto:ddrilebadratibidaniel@gmail.com)**