

# The Rejection Trauma Recovery Model Workbook

An Integrated 6–8 Week Therapeutic Protocol Combining Schema Therapy, Attachment Theory, CBT, Nervous System Regulation, and Biblical Identity Healing

This workbook is designed to help individuals who struggle with rejection wounds, abandonment fears, and relational insecurity. The model integrates psychological and spiritual approaches to healing. The goal is to help clients recognize trauma patterns, regulate emotional responses, and rebuild a secure sense of identity and connection.

## Week 1: Understanding the Rejection Wound

- Write about your earliest memory of feeling rejected.
- What belief about yourself formed from that experience?
- How has that belief affected your adult relationships?

## Week 2: Identifying Core Schemas

- Complete the sentence: People eventually \_\_\_\_\_.
- Complete the sentence: When someone is upset with me it means \_\_\_\_\_.
- Rewrite these beliefs into healthier, balanced beliefs.

## Week 3: Cognitive Restructuring

- Situation that triggered rejection feelings.
- Automatic thought you had.
- Evidence for the thought.
- Evidence against the thought.
- A balanced alternative thought.

## Week 4: Nervous System Regulation

- Practice slow breathing: inhale 4 seconds, exhale 6 seconds for 5 minutes.

- Write down what emotional triggers activate your stress response.
- Note physical sensations when rejection fear appears.

## **Week 5: Attachment Repair**

- Describe a moment you felt emotionally disconnected in a relationship.
- What did you need in that moment?
- How could you communicate that need in a healthy way?

## **Week 6: Identity Reconstruction**

- Write down the belief: I am unworthy of love.
- Challenge the belief with evidence.
- Rewrite the belief into a healthier identity statement.

## **Week 7: Biblical Identity Healing**

- Reflect on Romans 12:2 – renewing the mind.
- Reflect on Psalm 27:10 – God's acceptance.
- Write a prayer asking God to heal rejection wounds.

## **Week 8: Integration**

- What have you learned about your rejection patterns?
- What new beliefs about yourself are emerging?
- What relational habits will you practice moving forward?

## **Daily Reflection Practice**

Daily Reflection: 1. What situation triggered rejection feelings today? 2. What automatic thought appeared? 3. What balanced thought replaced it? 4. Evidence that you are valued today.