

SYMPTOMS OF THE FEAR OF REJECTION

Do you identify with any of these 20 symptoms?

Decide *Most of the Time*, *Sometimes*, or *Rarely*, and insert the points in the columns.

SYMPTOMS	Most of the time 10 points	Sometimes 5 points	Rarely 1 point
1. I stay aloof and disengaged to protect myself from revealing things that people might not like.			
2. I avoid taking a risk to do something new in case I might not be successful.			
3. I alter the way I interact with different kinds of people because I want them to like me.			
4. I do all I can to measure up to what I think people want from me.			
5. I feel self-conscious when I join a group of people, but I act confident.			
6. I don't express my opinion if it differs from the viewpoint of others.			
7. I have a hard time accepting compliments because I think I should have done better.			
8. I'm ashamed of my childhood, so I avoid getting into conversations about it.			
9. I base my self-worth on what other people say about me.			
10. I don't think people will like the real me so I try to look and act like someone I'm not.			
11. I shrink from answering questions that may expose my insecurities.			
12. I try to achieve perfection in what I do so others will think highly of me.			
13. I don't let people know when I'm afraid.			
14. I don't feel valuable unless I achieve people's expectations.			
15. I bury my feelings of inadequacy so I can appear strong and capable.			
16. I don't want people to know about my past, so I keep that door closed.			
17. I have trouble acknowledging my mistakes because I dislike imperfection in myself.			
18. I'm dissatisfied with my life, but I internalize my sadness and disappointment so others won't know how I feel.			
19. I listen to the preferences of others and strive to be that kind of person.			
20. I dread someone discovering that the way I appear is not who I am on the inside.			
Transfer your points for each question to the blank squares on the next page.			

Place your points for symptom number 1 (from the previous page) in the blank square on row number 1 below. Use the same process to transfer your points for the rest of the symptoms. Total the score of each column. Your scores will determine if you struggle with the fear of rejection, because people who live with this fear will consciously or unconsciously set up one of these five barriers to emotionally protect themselves.

If your total score is 4 on all columns: You are confident and rarely fear rejection.

If your total score on any column is 8-19: Evaluate what life situations may have caused you to build that kind of barrier between yourself and others. Determine if it's necessary any more.

If your total score on any column is 20-40: You are living in fear of rejection and are relying on your barrier, or barriers, for protection. Beginning with your highest score, seek ways to break that barrier so you can live in freedom instead of fear. (See a resource for breaking barriers below.)

Symptom	Pleasing People	Building an Invisible Wall	Wearing an Emotional Mask	Creating a False Identity	Striving for Perfection
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
TOTAL SCORE					

**Do you want to break the barriers that prevent you from experiencing freedom?
Learn how in *Will the Real Person Please Stand Up? Rising Above the Fear of Rejection*
[Click here to order your copy.](#)**

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