

How To Feel Wanted When You Were Taught You Didn't Belong

QUESTION:

How do I feel wanted when I grew up believing I was *unwanted*?

ANSWER:

Feeling unwanted is one of the deepest wounds a person can carry. When love, safety, and belonging are withheld, you learn to believe you were too much, not enough, in the way, responsible for 'their' pain, or simply unworthy. But the truth is this: your worth has *never* been up for debate. You were born worthy of love, connection, and belonging - that you didn't receive what was your birthright, that is on them - not you.

When the people who shaped your world made you feel like the unwanted one, the disposable one, the one who must have done something wrong just to be here, you start to build your entire identity around invisibility, survival, and not taking up space.

Then, as an adult, even when opportunity arrives, even when you're safe, even when no one is holding you back, you still press the brake - not because you're lazy, not because you don't care, not because you don't believe in healing, but because a part of you is still that little girl who

was made to feel shame just for existing. Healing the shame sets you free.

Here's how:

1. Naming the lie

'You are unwanted' was never your truth; it was the wound of those who couldn't love or protect you in the way you absolutely deserved to be loved and protected.

Their rejection was not a reflection of you being unwanted, but of their own, painful, limitations.

2. Reclaiming your birthright

Belonging is not something you must earn by shrinking, pleasing, or performing. It's your birthright. Some families position a child or sibling as the broken one, so they don't have to face their own brokenness. They paint you as the wild one, the liar, the weak one, the emotional one, the one who needs help. It's emotional scapegoating. Your healing starts the moment you say: that was never my label to carry, it was theirs. You weren't weak. You were vulnerable and impressionable. That little girl absorbed what they projected, and she shrank to survive. Give her back the dignity they stripped away. Write to her, tell her: you didn't deserve that; you are not the shame they made you carry. You are so much more than who they turned you into.

3. Seeking safe connections

Healing begins when you let yourself be seen and loved by 'safe' people. Whether through friendships, community, or chosen family – you are allowed to belong where you are cherished, not merely tolerated.

4. Reparenting your inner child

Your inner child still longs to be wanted. Speaking words of love to them - you are wanted, you are safe, I choose you - gives back to you what you were once denied. Your inner child still carries a deep wound of feeling unwanted, and all the mental and emotional damage that created. As an adult when you sabotage yourself that's your inner child's wound crying out for soothing and comfort.

5. Building self-belonging

When you belong to yourself, no external rejection can erase your worth. Self-belonging means honouring your needs, loving your flaws, and standing unapologetically in your truth. If you encounter someone who threatens to reopen your wound of feeling unwanted, walk away immediately. There are good people with good intentions who want you for who you are. Nobody else matters.

6. Living as though you are wanted and becoming unstuck

When you walk into a room believing you belong, you radiate that truth. Healing means you're not waiting to be chosen but you're choosing yourself daily.

Sometimes, we stay stuck because we don't want 'them' to take credit for our healing. We think: if I succeed, they'll say, 'I must have done something right.' But their self-serving pride, basking in reflective glory, is not your prison. You don't have to self-destruct just to meet their expectation that you'd come to nothing. You can thrive even if they'll misinterpret how you did it. Don't let their suspicion or assumption that you must have cheated someone or done something wrong to have achieved your success, stop you from going for your dreams.

Growing up with them making you feel unwanted is something they must learn to live with but chances are, they won't care. You've decided to stretch your wings and fly anyway. Don't let them stop you living beyond your wildest dreams. Immerse yourself in the love, comfort, kindness, and compassion you missed.

You don't need to explode into greatness overnight, you just need to inch forward, with softness and resolve. Try

this mantra: I don't need to prove I'm wanted; I just need to remember that I am.

You've had your foot on the brake for so long, but now you get to ask:

- What's one small way I can allow forward movement today?
- What's one thing I'm allowed to feel proud of without shame?
- What label am I returning to sender, starting now?

Affirmation:

I am wanted. I belong. I choose myself, and I am worthy of love. I do not belong on the outskirts of my own life. I am worthy of achievement, belonging, and becoming. I no longer need to brake (break) for the people who made me shrink.

Journal Prompts:

1. What messages about being unwanted did I absorb as a child?
2. How did those beliefs shape my relationships as an adult?
3. Does anyone in my life make me feel truly seen and cherished?
4. What words of belonging does my inner child most need to hear?

5. How will I live today as if I already belong?

Visualisation:

Imagine yourself as a child standing outside a closed door. For years, no one opened it. Now, picture yourself as the adult you are today walking up to that child, kneeling, and saying: 'you are wanted, you are loved, and you matter.' You take their hand, and together walk into a future filled with warmth, love, and safety.

Conclusion:

Feeling wanted begins by breaking the lie that you were ever **unwanted**. When you choose yourself, belonging becomes your truth.

Final Thought:

You don't have to wait to be chosen anymore. You were wanted from the very beginning.