

Abandonment Therapy Worksheet: version 2

People with abandonment issues and fears have the following symptoms:

- People may engage in self-harm
- Low self-esteem
- Struggle trusting people
- Mood swings
- Rumination-Constantly thinking that you will be lost or left alone.

Factors that make you vulnerable:

- Facing Trauma
- Experiencing trauma
- Difficult and dysfunctional family dynamics
- Death of loved one

Assess your style:

Distancing	Clinging	Manipulation
People with abandonment feelings tend to distant themselves, you make your partner suffer by disconnecting with him emotionally.	You tend to cling to your partner and depend too much on him	You tend to unconsciously make your partner commit calculated acts of deceit so that you can control your partner

Coping up with abandonment feelings:

- **Practice relaxation techniques**
Using relaxation exercises can be an effective way to reduce your stress and anxiety
- **Pursue outdoor activities**
Pursuing outdoor activities like hiking, camping, mountain biking, rock climbing, whitewater rafting, and skiing
- **Confide in a person you trust**
Finding support from others can be a major factor in helping people overcome the

negative effects. . Having someone you trust that you can talk to can be very helpful for working through stressful situations or for emotional validation.

- **Mindfulness**

Mindfulness is about being in touch with and aware of the present moment. So often in our lives, we are stuck in our heads, caught up in the anxiety and worries of daily life. Mindfulness can help you get out of your head and be in touch with the present moment.

- **Adopt a healthy lifestyle**

Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

- **Get enough sleep**

Sleep deprivation can trigger anger, irritability, and moodiness. Aim for somewhere between 7 to 9 hours of sleep each night.

- **Exercise regularly**

Doing exercise daily can help you to reduce stress and feel good