

UNDERSTANDING THE SELF-ABANDONMENT PATTERN - READING CHECKLIST

TITLE

READ

Part One – Understanding the Pattern

Chapter 1 – The Self-Abandonment Loop

Chapter 2 – Why These Patterns Begin

Chapter 3 – Adaptation Is Not Dysfunction

Part Two – Seeing the Pattern in Your Life

Chapter 4 – Recognising the Pattern in Your Life

Chapter 5 – The Self-Abandonment Scorecard

Chapter 6 – The Roles We Learn to Play

Chapter 7 – Your Triggers

Part Three – Understanding the Cost

Chapter 8 – The Cost of the Pattern

Chapter 9 – Losing Contact With Your Needs

Part Four – Interrupting the Loop

Chapter 10 – The Pause

Chapter 11 – Expressing Your Preferences

Chapter 12 – Boundaries

Part Five – Rebuilding Connection With Yourself

Chapter 13 – Rebuilding Self-Trust

Chapter 14 – Emotional Safety

Chapter 15 – Returning to Yourself

Part Six – Practising New Patterns

Chapter 16 – The 30-Day Returning to Yourself Reset

Chapter 17 – Moving Forward

Closing Chapters

Final Chapter – A Closing Reflection

Afterword – Continuing the Work