

The Exercise

Reconnecting with You

One of the challenges of self-abandonment is that it often leaves us disconnected from our own thoughts, feelings, needs, preferences, and desires. We become so focused on other people that we stop checking in with ourselves. This exercise is designed to begin rebuilding that connection.

Spend some time completing each of the following sections. Try not to overthink your answers or write what you think you **should** feel, need, want, or value. Write what is true for you. For example:

What I Feel: Tired. Anxious. Hopeful. Resentful. Excited. Lonely. Relieved.

What I Need: Rest. Support. Time alone. A difficult conversation. Clearer boundaries. More balance. More fun. More honesty.

What I Want: To change careers. To spend more time in nature. To travel. To say no more often. To feel calmer. To be myself. To stop hiding.

What Matters to Me: Connection. Freedom. Creativity. Fun. Quiet. Growth. Truth. Kindness. Adventure.

Try not to judge your answers, simply notice them.

What I Feel:

What I Need:

What I Want:

What Matters to Me:

When you've finished, sit quietly and look at your answers. Ask yourself:

- ♥ How often do I make decisions based on these things?
- ♥ How often do I consider them when making choices?
- ♥ How often do I check in with myself at all?

Many people are surprised by what they discover because they haven't asked themselves these questions in a very long time.

Your relationship with yourself deserves your attention.

Self-abandonment is not healed through dramatic change. It's healed through small moments of reconnection. Moments where you pause, listen, notice. Remember that your feelings, needs, wants, and values matter. This exercise is one of those moments; I hope it's the beginning of many more to come.