

The Exercise

A Day in My Life

One of the reasons self-abandonment can be difficult to recognise is because it often feels so normal. We become accustomed to putting ourselves last and we stop noticing that we're doing it. This exercise is designed to help you see self-abandonment in real life rather than simply understanding it as a concept.

Think back over the last seven days and slowly review your week. Think about your conversations, your decisions, your commitments, your reactions, your relationships, your work, your rest, your time.

As you reflect, make a note of:

Every moment where you ignored yourself in some way.

Where you said yes when you wanted to say no.

Where you stayed quiet when something mattered to you.

When you worked when you needed rest.

When you apologised for something that wasn't your responsibility.

Where you ignored your intuition.

Where you tolerated behaviour that upset you.

Where you cancelled something important to accommodate someone else.

Where you dismissed your own feelings.

Now write what you needed in those moments. Did you need a boundary, rest, honesty, support, space, respect, time, courage, understanding, or self-compassion?

What I needed :

When you've finished, step back and look at your first set of answers. Try not to judge or criticise yourself, simply observe. Notice how often self-abandonment appeared. Notice *where* it appeared. Notice what it asked you to sacrifice.

Then look at your answers to the second question and notice what you genuinely needed instead. Can you see a pattern developing? Did many of your answers involve rest? Needing boundaries? Perhaps they involved honesty, self-respect, or giving yourself permission to matter.

Highlight the needs that appear most often. These aren't accidental; they're clues pointing towards the areas of your life that are asking for attention. From what you observe, think about the following:

The area of my life most affected by self-abandonment is:

What I need most right now is:

Every act of self-abandonment leaves a clue, and every clue brings you one step closer to understanding what it means to truly care for yourself.