

The Journal

This conversation has explored the impact that self-abandonment can have on every area of your life. The following journal prompts are designed to help you see that impact more clearly. Answer them as honestly as you can, without judgment. Awareness is the goal!

Where in my life do **I feel most disconnected from myself?** Is it with relationships, work, health, emotions, choices, my sense of identity?

What areas of my life **feel most affected** by people-pleasing, perfectionism, overthinking, avoiding conflict, seeking approval, or other self-abandoning behaviours?

When was the last time **I made a decision** based on what I truly wanted rather than **what I thought I should do** or what someone else wanted from me?

In what ways has **self-abandonment** affected my relationships?
Do I feel seen, heard, and understood?

Or do **I often feel** responsible, accommodating, invisible, or misunderstood?

What has self-abandonment **cost me emotionally?**
Confidence? Peace? Joy? Authenticity? Self-respect? Trust in myself? Or something else?

What parts of myself have I neglected, ignored, hidden, or lost touch with over the years? My creativity? My ambitions? My voice? My needs? My values? My dreams?

If my life continues **exactly as it is today**, where is this pattern likely to take me in five years' time?

How do I feel when **I imagine that future**?

If I began consistently listening to myself, trusting myself, and **honouring my needs**, what might become possible? What might change?

What is the difference between the life I am currently living and the life **I genuinely want to live?**

What seems to be standing between the two?

Complete the following sentence: I'm beginning to realise that **self-abandonment has affected my life by:**

When you've finished, take a few moments to sit with your answers. Don't rush to fix anything. Simply notice what feels true, what feels painful, what feels hopeful. Seeing clearly is not the end of the healing journey. It's the beginning of a new one.

Often, the moment we see the impact of a pattern clearly, is the moment we become ready to change it.