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Abandonment

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At some time we all have been abandoned, and we can rest assured that it will happen again. Abandonment hits relationships at a very core place, and it hits us personally at a very core place as well. Therefore, the broad reaching implications of being abandoned are potent and powerful. Many of us walk through life wounded because of our abandonment, and we become very apprehensive about engaging people for fear that it will happen yet again. Therefore, we might be wise to think though a few things:

Were the people who abandoned me close to me, or not close to me?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Did their abandonment make any sense?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Can I visualize myself doing to others what they did to me?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

What was my trust level both before (B) and after (A) being abandoned?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How much did this abandonment negatively affect my self-esteem?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree have I been able to forgive them?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?