

Abandonment Issues Quiz

Name: _____ Age: _____

Date of session: _____ Practitioner: _____

Instructions

Please answer the following questions honestly and to the best of your ability. There are no right or wrong answers.

Scoring

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

Emotional response					
Questions	1	2	3	4	5
How often do you feel anxious about losing loved ones					
Do you ever feel depressed or hopeless due to fear of abandonment?					
Do you experience jealousy towards anyone perceived as a threat to your relationships?					
How often do you feel worthless or unlovable?					
Behavioral patterns					
Questions	1	2	3	4	5
Do you go to excessive lengths to please others to avoid rejection?					
Do you exhibit an excessive need for attention and reassurance from loved ones?					
Do you ever attempt to control others' actions and decisions to ensure they stay?					
Do you withdraw from social interactions to avoid potential rejection?					
Thinking patterns					
Questions	1	2	3	4	5
Do you assume the worst-case scenario in situations that involve potential abandonment?					
Do you engage in negative self-talk that reinforces feelings of worthlessness?					

Thinking patterns					
Questions	1	2	3	4	5
Do you obsessively dwell on past experiences of abandonment?					
Do you view relationships as “all or nothing”, believing any disagreement means abandonment?					
Total score					

Scoring

Each question is scored on a scale of 1 to 5. Sum all scores for each question together to give the total score for the client.

- 1 = 1 point
- 2 = 2 points
- 3 = 3 points
- 4 = 4 points
- 5 = 5 points

Interpretation

A total score of:

- **12-24:** Indicates minimal to no concerns regarding abandonment issues.
- **25-36:** Suggests potential for mild abandonment fears. Consider self-reflection and exploring self-help strategies.
- **37-48:** Indicates moderate concerns regarding abandonment issues. Seeking professional guidance is recommended.
- **49-60:** Suggests significant abandonment fears and potential need for intensive therapy and support.