

# Abandonment Issues Quiz

Name:

**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

## Section 1: Emotional Response

Score	Question
	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?

## Section 2: Behavioral Patterns

Score	Question
	Do you go to excessive lengths to please others to avoid rejection?
	Do you exhibit 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?

## Section 3: Thinking Patterns

Score	Question
	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?
	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, where:

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

### **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.