

Abandonment Therapy Worksheets

Counselor:

Client:

Date:

Part I:

Utilize this list to self-assess and identify potential attachment-related challenges. This is a step towards recognizing patterns that may need attention in your life.

- Feeling unduly worried that your close companions might drift away.
- Being troubled by the thought that you might not be well-received by people.
- Seeking constant confirmation of affection from those around you.
- Going to extreme measures to make others happy, regardless of the sacrifice.
- Finding that you're often making more contributions to your relationships.
- Struggling with setting or maintaining boundaries within personal connections.
- History of persistent relationships that don't provide emotional security.
- Feeling isolated emotionally even when physically present in relationships.
- Experiencing difficulty with creating a close emotional bond in romantic ties.
- Having a reliance on your significant other to satisfy all emotional needs.
- Facing challenges in placing trust in the intentions of others.
- Feeling unworthy of affection or love.
- Reluctance or excessive eagerness in forming new bonds.
- Encountering jealousy in your relationships without reasonable cause.
- Overthinking the behavior and words of those you care about.
- Sensing self-doubt when in the company of your partner or peers.
- Hasty or exceedingly slow pace in developing relationships.
- Testing relationships to see if others might abandon you.

Part II:

Recognizing the root of our attachment anxieties can help us understand the origins and triggers of these feelings. Reflecting on the following questions can aid in identifying patterns and seeking appropriate support.

When did you first become aware of your concern about being abandoned?

Can you recall specific instances where you felt abandoned? Describe these situations.

Do you believe that these feelings of abandonment were a result of your actions? Elaborate.

What are the narratives you believe about why you feel abandoned?

How do you think early abandonment experiences have shaped your current relationships?

Additional Notes: