

LEAN IN

Turn Towards



What is Self-Abandonment?

Have you ever experienced a situation where you have had a need, whether it be emotional, physical, or spiritual, and you reject it, pretend it doesn't exist, or minimize it? Perhaps you respond to your fears by minimizing them, to your physical pain by "pushing through", or betray your values / inner truth for acceptance. All of these are examples of self-abandonment.

Why Does it Happen?

Self-abandonment often shows up when we ignore or betray our own needs, values, or desires, turning away from ourselves. It is typically derived from a life path interwoven with unmet needs, gardens that haven't been watered, due to emotionally unavailable parents, addiction, abandonment, or neglect.

According to experts, this can manifest into other imbalances such as: angst, low self-esteem, self-devaluing, addiction, and/or depressive energy to name a few.

One who self-abandons may:

- assume others know best than they do
- assume that their needs don't matter or are less than those of others (minimize)
- second guess themselves
- question their intuition or decision making
- put others' needs before their own
- people please or integrate co-dependency
- seek external validation