

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

How often do you feel anxious about losing loved ones?

1 2 3 4 5

Do you ever feel depressed or hopeless due to fear of abandonment?

1 2 3 4 5

Do you experience jealousy towards anyone perceived as a threat to your relationships?

1 2 3 4 5

How often do you feel worthless or unlovable?

1 2 3 4 5

SECTION 2: BEHAVIORAL PATTERNS

Do you go to excessive lengths to please others to avoid rejection?

1 2 3 4 5

Do you exhibit excessive need for attention and reassurance from loved ones?

1 2 3 4 5

Do you ever attempt to control others' actions and decisions to ensure they stay?

1 2 3 4 5

Do you withdraw from social interactions to avoid potential rejection?

1 2 3 4 5

SECTION 3: THINKING PATTERNS

Do you assume the worst-case scenario in situations that involve potential abandonment?

1 2 3 4 5

Do you engage in negative self-talk that reinforces feelings of worthlessness?

1 2 3 4 5

Do you obsessively dwell on past experiences of abandonment?

1 2 3 4 5

Do you view relationships as "all or nothing," believing any disagreement means abandonment?

1 2 3 4 5

