

Abandonment Therapy Worksheets

Date of assessment: _____ dd / mm / yyyy Patient information: _____

Name of practitioner: _____

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.

Self-assessment of attachment-related challenges

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