

## #7 — THE SELF-ABANDONMENT DETECTOR

*Five questions that reveal when you're leaving yourself behind — quietly, slowly, and unintentionally.*

Self-abandonment isn't dramatic.

It's subtle.

It happens in the small choices you dismiss as “not a big deal”...  
until the cost becomes undeniable.

Use this detector anytime you feel off, resentful, tired for no reason, or strangely disconnected from yourself.

### **1. Did I ignore a need because I didn't want to inconvenience someone?**

Every time you do this, you teach yourself your needs are negotiable.  
They aren't.

Your thoughts: \_\_\_\_\_

### **2. Am I saying yes to avoid discomfort instead of honoring myself?**

Discomfort passes.

Self-abandonment lingers — and compounds.

Your thoughts: \_\_\_\_\_

### **3. Did I downplay something that actually mattered to me?**

If you minimize it internally, it will magnify emotionally.

Your thoughts: \_\_\_\_\_

### **4. Am I adjusting myself so I lose less of me, instead of being fully me?**

Any version of you that isn't allowed to be whole is a version living on borrowed time.

Your thoughts: \_\_\_\_\_

### **5. Would I let someone I care about treat themselves the way I'm treating me right now?**

Clarity becomes unavoidable when directed outward.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

Every moment you return to yourself is a correction, not a failure.  
You do not owe anyone a version of you that isn't true.