

#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.