

# SELF-ABANDONMENT

Another form of abandonment is self-abandonment, where we fail to tend to our own physical, emotional, social, or spiritual needs. Self-abandonment can lead to a loss of identity where we become so involved in people pleasing or being a "chameleon" that we abandon our true passions, interests and personality. In addition to abandonment of our current self, we can also abandon the needs of our inner child, who has been harmed by past relationships and requires tending to.

In what ways am I abandoning myself?

In what ways am I abandoning my inner child?

How can I show up for myself more often?

How can I show up for my inner child more often?