

Coming Home to Your Self

A short guide to recognizing and healing self-abandonment

WHAT SELF-ABANDONMENT IS

Self-abandonment is the quiet habit of leaving your own side. It rarely looks dramatic. It looks like saying yes when everything in you is saying no. It looks like telling yourself your feelings are not a big deal, shrinking so others stay comfortable, and overriding your body just to keep going.

Here is the truth I want you to hold onto: you did not develop these patterns because something is wrong with you. You developed them because, at some point, they kept you safe or kept you loved. Parts of you learned to go quiet, to perform, to disappear. Those parts did their job. But what protected you then may be disconnecting you from your Self now.

Healing is not about fixing a broken person. It is about welcoming back the parts of you that went into hiding, and rebuilding trust with your Self, one honored feeling and one kept promise at a time.

PATTERNS TO LOOK FOR

Self-abandonment hides in everyday moments. Start noticing, without judgment, when you catch yourself in any of these:

- **The automatic yes.** Agreeing before you have even checked in with yourself.
- **Minimizing.** “It’s fine. It’s not a big deal. Other people have it worse.”
- **Outsourcing your truth.** Needing someone else’s approval before you can trust your own decision.
- **Editing yourself.** Hiding opinions, needs, or parts of your personality so people will accept you.
- **The harsh inner voice.** Talking to yourself in a tone you would never use with someone you love.
- **Body override.** Pushing through exhaustion, hunger, and stress signals as if your body were an obstacle.
- **Collapsing boundaries.** Holding a limit right up until someone pushes back, then letting it go.

Awareness is the practice. Every time you notice a pattern while it is happening, you have already created the space to choose differently.

THREE SOMATIC PRACTICES

Self-abandonment lives in the body, so the way back runs through the body. These practices take five minutes or less. Choose one and do it daily rather than trying all three at once.

1. The Check-In (2 minutes)

Place one hand on your chest and one on your belly. Take three slow breaths, letting the exhale be longer than the inhale. Then ask, "What am I feeling right now, and where do I feel it in my body?" Do not fix anything. Just name it: tightness in the throat, heat in the chest, heaviness in the shoulders. Naming a sensation is how you tell your Self, "I see you. I'm not leaving."

2. Grounding Through the Feet (3 minutes)

Stand or sit with both feet flat on the floor. Press them down gently and feel the ground press back. Slowly shift your weight from heels to toes, side to side. Look around the room and name three things you can see. This pulls you out of the spinning mind and back into the present, which is the only place your Self actually lives. Use it before hard conversations, when you feel the urge to people-please rising.

3. The Pause Before Yes (30 seconds)

When someone asks something of you, feel your feet, take one full breath, and notice your body's first response. Expansion, openness, and ease usually mean yes. Tightening, sinking, and bracing usually mean no. You do not have to obey the signal every time. You just have to stop pretending it is not there. Try the phrase, "Let me check and get back to you." It buys your Self a seat at the table.

"Every time you pause, listen, and honor what you find, you rebuild trust with your Self."

WHERE TO GO FROM HERE

I'm J. Mike Fields, a professional life coach and writer with over 19 years of experience helping people heal the Self. In my one-on-one coaching I use tools like inner child work, shadow work, archetype exploration, narrative rewriting, and somatic bodywork to help clients welcome back the parts of themselves they left behind and build a strong, lasting sense of Self.

If this guide stirred something in you, that is worth listening to. You can book a coaching session at jmikefields.com, go deeper with my e-book *Self: Volume 1*, or join me on *The J. Mike Fields Podcast* for insights on wholeness and self-discovery.

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