

COPING WITH THE FEAR OF ABANDONMENT

LIFE CAN SEEM LONELY AT TIMES, AND THERE IS NO SHAME IN ADMITTING THAT FEELING ALONE CAN BRING US DOWN. SO WHAT CAN WE DO WHEN WE'RE FEELING ALONE AND BLUE?

PRACTICE HEALTHY MENTAL COPING MECHANISMS OF COURSE! SO TAKE A MOMENT TO STUDY THE EXAMPLES BELOW AND THEN COME UP WITH THE LAST ONE YOURSELF! YOU GOT THIS!



"No one wants to be around me."

"We're all busy. I'll do something productive that I enjoy."

"Everyone just leaves me."

"I'll take this alone time to explore more hobbies."

"I wish someone needed me."

"I need to practice more self love and care."

"I can't survive life alone."

"I'd rather be alone than with someone who hurts me."

"I sound so stupid when I talk."

"I sound like me and that's unique."

"Too much space is scary."

