



DATE: _____

Journal Prompts - Am I feeling Abandoned

Introduction

Journalling can help you better understand your thoughts, feelings and patterns. You don't need to answer every question today—simply begin with the one that speaks to you. Be honest, be gentle, and remember there are no right or wrong answers.

- 1. When do I feel most afraid of being left behind or forgotten?**
- 2. What situations tend to trigger these feelings?**
- 3. What thoughts usually go through my mind when I feel abandoned?**
- 4. How does my body respond when these feelings show up?**
- 5. What do I usually do to protect myself when I feel this way?**
- 6. Where do I think I first learned that people might leave or not be there for me?**
- 7. What would I say to a younger version of myself who felt abandoned?**
- 8. Who helps me feel safe, accepted or understood?**
- 9. What is one small thing I can do today to remind myself that I am worthy of care and connection?**
- 10. If I believed I was enough just as I am, how might I respond differently?**

Gentle Reminder

Triggers are not weaknesses. They are often your mind and body trying to protect you based on past experiences. Becoming aware of them is an important step towards healing.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

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