



Reflection:

Self-Abandonment: Returning to Yourself



The
Human Story

From the podcast:

The Human Story

S2 E7 - 23/04/2026

Self-Abandonment - Why We Leave Ourselves to Be Loved

[Listen Online ►](#)

A gentle companion to this week's episode of The Human Story

Sometimes self-abandonment doesn't look dramatic. It can appear in small moments — saying yes when you mean no, ignoring your needs, over-explaining yourself, or shrinking to keep the peace.

This worksheet is an invitation to pause, reflect, and begin choosing yourself again with compassion. There is no rush. Move through it gently and honestly.



1. Awareness: Where Do I Leave Myself Behind?

Take a moment to think about your current life. Where does self-abandonment show up most often?

- ☐ Relationships
- ☐ Family
- ☐ Work
- ☐ Friendships
- ☐ Health & body
- ☐ Faith / spirituality
- ☐ Other:

Complete the sentence:

The way I most often abandon myself is by...

2. The Pattern Beneath the Pattern

Often these habits began as protection. Ask yourself:

- When did I first learn that keeping others happy felt safer than being myself?
- What was I trying to protect by abandoning myself?
- What did I need back then that I may still need now?

Write freely:



3. Body Wisdom Check-In

Self-abandonment often lives in the body before it reaches the mind.

Think of a recent moment when you said yes but meant no.

What happened in your body?

- ☐ Tight chest
- ☐ Tense shoulders
- ☐ Heavy stomach
- ☐ Racing thoughts
- ☐ Exhaustion
- ☐ Numbness
- ☐ Other:

What might your body have been trying to tell you?

4. Choosing Alignment Over Approval

Where in your life are you seeking approval at the expense of alignment?

One area where I want to choose alignment is:

A boundary I may need to set is:

One truth I need to speak (even gently) is:



5. A Small Quiet Decision This Week

Healing often happens in small moments, not grand gestures.

This week, one way I will choose myself is:

- ☐ Rest without guilt
- ☐ Say no where needed
- ☐ Ask for help
- ☐ Take time alone
- ☐ Speak honestly
- ☐ Protect my peace
- ☐ Other:

My commitment to myself:

Closing Reflection

You are not selfish for having needs.

You are not difficult for setting boundaries.

You are not failing for choosing yourself.

You are learning to return to the person who has always needed you most and that person is **you**.

Continue the Journey.

The Human Story is a space for honest conversations about being human exploring psychology, spirituality, relationships, healing, and growth.

Listen on Spotify, Apple Podcasts, or explore more episodes and resources at [Yoked.co.za](https://yoked.co.za).

[Continue on our website ►](#)

[View on Apple Podcasts](#) 

[View on Spotify](#) 

