

# THE ABANDONMENT WOUND

## ONE OF FIVE PRIMARY WOUNDS

### CHARACTERISTICS:

- Experiences or perceives experiencing abandonment by others.
- Self-protection: the mask of co-dependency
  - Fear of loneliness.
  - Unknown sadness at time.
  - Making oneself indispensable to others so they won't leave you.
  - Playing the victim card.
  - Merging into the identity of others.
  - Constantly talking about themselves.
  - Difficulty making decisions without other's input.
  - And yet, not listening to the advice of others.
  - Changeable moods.
  - Problems / avoidance of saying goodbye or ending things.
  - Triggered when perceived being forgotten or ignored.
  - Self-abandoning.
  - Focuses on others' flaws or problems to avoid self-care.
- Anxiety: being alone
- Shadow Chakra: Second Chakra (Sacral Chakra which governs emotions, creativity, sensitivity, sexuality, intimacy, emotional well-being, and self-expression).
- Life's Greatest Lesson: Emotional Autonomy.

### WAYS TO ACCEPT & FORGIVE YOUR WOUND:

- Go to [www.thisspiritualfix.com/shop](http://www.thisspiritualfix.com/shop) to see our Abandonment Package.
- Get in a meditative state and Summon Your Inner dragon and ask him/her what you need to learn about your abandonment wound.
- If you are not able to do this, before bed, request your dragon to visit you in your dreams and to give you a clear message.
- Get "Rejection Proof" by Marisa Peer, free hypnotic inner child healing on youtube.
- When you are feeling abandoned, remind yourself that you will never abandon yourself.