

## **UNDERSTANDING EMOTIONAL ABANDONMENT!**

*Father of mine, Tell me where have you been  
You know I just closed my eyes, My whole world disappeared...  
Daddy gave me a name, Then he walked away  
My dad gave me a name, Then he walked away...Everclear*

### **WHAT TO KNOW!**

- ❖ Emotional abandonment (EA) occurs when a person is rejected or denied by another person or a relationship is ended without their wanting it to end
- ❖ EA can also occur when a loved one or a close person is absent or even dies leaving great feelings of loss and loneliness
- ❖ EA can be very traumatic when the abandoned person depends on the other for emotional, financial, medical, or physical support
- ❖ According to Claudia Black, abandonment of children when they are developing their self-worth is the foundation for the belief in their own inadequacy; this is the central cause of feelings of shame which becomes a driving force in their adult lives
- ❖ Feelings of EA can be triggered by perceived intentional or unintentional slights, being defriended, and not having texts or emails returned, as well as actual rejections
- ❖ The fear of EA can create high levels of anxiety and lead people to stay in unhealthy and dependent relationships just so that they are not rejected
- ❖ People with EA worry excessively about being left alone and develop dysfunctional behaviors, such as being too needy, which eventually alienates others even more
- ❖ People with a fear of EA are often attracted to unavailable partners with whom they cannot form a relationship; thus playing it safe and avoiding being hurt
- ❖ Fear of abandonment can lead to anxiety, anger, depression, guilt, distrust, dependency, low self-esteem, resentment and avoidance of intimacy
- ❖ Symptoms also include feelings of worthlessness, withdrawal from social activities, clinginess, insecurity, sleep and eating disorders, and overall fatigue
- ❖ EA is associated with an inability to make a commitment, promiscuity, compulsive dating, attention seeking, substance abuse, and other pathological behaviors
- ❖ Fear of EA affects men and women equally and it is very prevalent in children whose parents are physically present but emotionally unavailable
- ❖ People who fear EA stay in relationships longer than they should, constantly worry about their partner leaving them, and end relationships before they can get rejected
- ❖ Psychotherapy can be quite helpful in treating people with EA as a supportive trusting therapist can help change emotions linked to abandonment memories

### **WHAT TO DO!**

- ❖ Practice yoga and meditation to help relax your body and mind
- ❖ Practice forgiveness and let go of resentment in order to form healthy relationships
- ❖ Recognize that you are not responsible for the abandonment and view yourself as worthy of love and healthy relationships
- ❖ Focus on the present and do not live in the past
- ❖ Replace negative untrusting thoughts with ones that are beneficial for you
- ❖ Seek professional help to develop a trusting and supportive relationship to change your beliefs and feelings about your sense of worthiness

### **WE CAN HELP!**

Call us at **954 755-2885** or email us at [\*\*DrKimmel@KimmelPsychology.com\*\*](mailto:DrKimmel@KimmelPsychology.com)

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