

# EMOTIONAL ABANDONMENT

*is defined when an individual's emotional needs are neglected. This can lead to feeling insecure or rejected.*

Brought to you by:



# Signs of Emotional Abandonment

- Emotional needs such as affection, love, companionship, to be listened to and understood, to be nurtured, appreciated, and valued are not met
- Talking about routine things in a rush manner
- Feeling insecure in a relationship
- Does not feel like they can rely on others if problems were to arise
- Lack of interest in getting to know details such as feelings, concerns and achievements
- Do not acknowledge another individual's expression of affection
- Feelings of loneliness when others do not understand or listen to their sharing
- The need to make an extra effort in taking the time to talk about their day



# CAUSES

People's relationships often reflect similarities with their childhood experiences of emotional abandonment from either one or both of their parents.



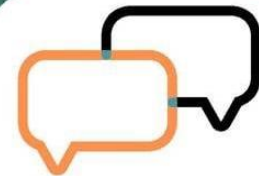
Consciously refraining from communication and acts of affection



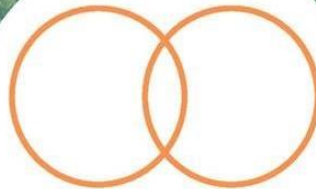
Unresolved hurt and resentment from past relationship experiences



Lack of quality time spent together



Lack of healthy communication



Lack of mutual interests



Fear of emotional closeness

# I M P A C T S

## **Physical**

- Avoiding emotional closeness
- Anger and aggressive behaviours
- Hurtful actions towards self and others



## **Emotional**

- Feeling unworthy and ashamed
- Feeling empty
- Emotionally distant



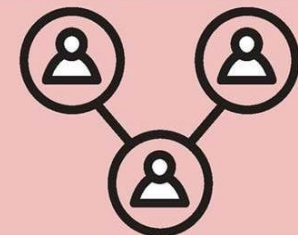
## **Psychological**

- Risk of post-traumatic stress disorder (PTSD), depression, and anxiety
- Increased risk for an eating disorder
- Attachment styles issues

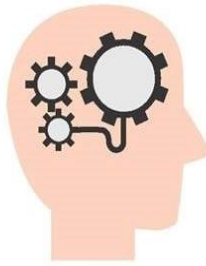


## **Social**

- Difficulty trusting others
- Tendency to sabotage relationship
- Clinging to others for dependency
- Withdrawing from other individuals



# HOW TO HEAL FROM EMOTIONAL ABANDONMENT



## Change Your Mindset

- Replace false beliefs and negative thoughts with positive and realistic thoughts
- Acknowledging that childhood abandonment was not your fault

## Professional Support

- Therapists and mental health professionals can provide a safe space to support individuals to regulate their emotions by learning to identify, accept, and express emotions in a healthy manner



## Self-love

- Say kind things to yourself
- Encourage yourself to try new things
- Value self-care
- Find ways to comfort yourself when you are sad
- Stay connected with supportive people

## Validate Your Needs

- Create a habit to identify your feelings and needs
- Be aware of them and take an initiative to tell your loved ones about your needs

