

10 signs you may be Abandoning yourself

Self-abandonment rarely begins with a dramatic decision.

More often it develops through small moments where we ignore what we know, feel, need, or value.

Over time these moments accumulate.

1. You say yes when you want to say no.

You regularly agree to requests, expectations, or commitments that do not genuinely align with your needs.

2. You ignore your exhaustion and keep pushing.

Rather than resting or recalibrating, you continue performing despite feeling depleted.

3. You dismiss your feelings

You minimise, rationalise, or overlook your emotional experience because it seems less important than everyone else's.

4. You stay silent when something matters

You avoid expressing what you truly think, feel, or need in order to maintain harmony or avoid discomfort.

5. You remain in situations you have outgrown

Part of you already knows something is no longer aligned, yet you continue because change feels difficult or uncertain.

6. You prioritise others at your own expense

You consistently focus on meeting the needs of others while neglecting your own wellbeing.

7. You ignore what your intuition is telling you

You sense something isn't right, but repeatedly override your inner knowing.

8. Resentment is quietly building

Unexpressed needs, boundaries, or truths often accumulate beneath the surface as frustration or bitterness.

9. You have lost touch with what you want

You spend so much time responding to life that you rarely pause to consider your own desires, needs, or direction.

10. You feel disconnected from yourself

You may appear functional on the outside while internally feeling distant from who you truly are.



A Gentle Reflection

Ask yourself:

What truth, feeling, need, or boundary have I been ignoring?

A space to pause | A space to listen | A space to return to you.

