A PAUSE, A PRACTICE, A NEXT STEP

Fear of Abandonment

Find support when distance feels threatening.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice the trigger and story

Describe what happened, then what you fear it means. A changed plan and “They will leave forever” are different pieces of information.

01 / Notice and reflect

What event triggered the fear?

02 / Notice and reflect

What am I predicting rather than observing?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek help if this fear leads to major distress, controlling behavior, repeated relationship crises, or self-harm. If there are threats, abuse, or immediate danger, prioritize safety and urgent support.

Read more: Mayo Clinic · Assertive communication

More tools and immediate support: Our Healing Room / Crisis Support.