BEST DAMN you™

Are You Self-Abandoning?

Self-abandonment is when you reject, suppress or ignore part of yourself. In other words, you have a need or desire you want to meet, but you make the decision not to meet it. People that self-abandon subconsciously believe that their needs and desires either cannot be met or should not be met, which can lead to a process of detachment, as they repeatedly make decisions to ignore, repress, subjugate, or condemn their personal needs. Over time, they might even forget or lose the ability to identify their own needs.

Take this short self-assessment quiz that may help you notice if you have self-abandonment tendencies.

Always = 4, Often = 3, Sometimes = 2, Rarely = 1, Never =0

1. How often do you put the needs of others before your own?
2. How often do you feel guilty for saying "no" to others?
3. How often do you feel like you can't say "no" to others even when you want to?
4. How often do you ignore your own needs to please others?
5. How often do you feel like you have to earn love and acceptance from others?
6. How often do you struggle to make decisions because you worry about disappointing others?
7. How often do you feel like you have to hide your true feelings to avoid upsetting others?
8. How often do you sacrifice your own happiness for the happiness of others?
9. How often do you feel like you can't express your own needs or desires in a relationship?
10. How often do you feel like you don't deserve love or attention from others?
11. How often do you feel like you have to be perfect to be accepted or loved?
12. How often do you take responsibility for other people's problems or emotions?
13. How often do you avoid conflict even if it means sacrificing your own needs?
14. How often do you feel like you have to apologize for things that aren't your fault?
15. How often do you put off doing things that you want or need to do because you feel like you should be doing something else for someone else?
16. How often do you feel like you have to be the one to fix problems in a relationship, even if they're not your fault?

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17. How often do you feel like you have to be the one to compromise in a relationship, even if it means sacrificing your own needs?
18. How often do you feel like you have to be the one to apologize first, even if you're not the one who did anything wrong?
19. How often do you feel like you can't be yourself around others?
20. How often do you feel like you have to earn approval or love?

Scoring:

Add up your scores for all 20 questions. The higher your score, the more likely you are to engage in self-abandonment behaviors. A score of 0-20 indicates a low level of self-abandonment, 21-50 indicates a moderate level of self-abandonment, and 51-80 indicates a high level of self-abandonment. *Remember that this quiz is just a tool and is not a substitute for professional help.*

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