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# 9 Toxic Patterns

Uncover Hidden Patterns that Stem from  
Abandonment Wounds - and Learn How to Heal



*A gentle guide to breaking free  
from what no longer serves you*

# Welcome

Thank you for downloading this guide. If you've ever wondered why relationships feel so hard - why you get attached quickly, feel anxious when someone pulls away, or constantly question your worth - you're not alone. These patterns didn't start with you. They started with unmet needs, unclear love, and the quiet fear of being left behind.

This guide was created for you - the one who is tired of feeling like they're "too much," "not enough," or always waiting for the other shoe to drop. These nine patterns aren't flaws. They're adaptations. And healing starts when we see them clearly.



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# About InnerKinder

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## **InnerKinder is a safe space where you can become your best self**

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.



*To explore more resources and support your journey, visit us anytime at [www.innerkinder.com](http://www.innerkinder.com) - you're always welcome here.*



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# Why You're Not Flawed - You're Just Wounded

So many women carry silent burdens - habits, reactions, and emotional loops that seem to sabotage happiness, connection, and peace. But these patterns didn't come from nowhere. They were born out of survival, shaped by environments that taught you to suppress, appease, or perform just to be safe or loved.

This guide isn't about fixing you. It's about **freeing** you.



# Pattern: People-Pleasing

**The Loop:** You say yes when you mean no. You apologize for things that aren't your fault. You abandon your needs to avoid disappointing others. You put on a happy face and swallow your resentment when no one considers your needs.

**Where It Comes From:** Often rooted in childhood environments where love felt conditional - on performance, perfection, or being "good."

**First Step to Release:** Next time someone asks something of you, pause. Say, "Let me get back to you." Give yourself permission to choose.



# Pattern: Chasing Reassurance

**The Loop:** You constantly need to hear “we’re okay” — and feel anxious when communication slows.

**Rooted In:** Emotional inconsistency growing up, where love or attention felt unpredictable.

**First Step to Heal:** Notice when you’re seeking reassurance. Gently place your hand on your chest and say, *“I am safe. I’m learning to feel secure inside myself.”*



# Pattern: Overthinking & Self-Blame

**The Loop:** You replay conversations in your head. You feel responsible for other people's moods.

**Where It Comes From:** In homes where emotions were unstable or blame was frequent, your nervous system learned to stay alert to avoid conflict or rejection.

**First Step to Release:** Ask yourself, "Is this mine to carry?" Write the answer down.



# Pattern: Abandoning Yourself to Keep Others Close

**The Loop:** You ignore your needs and over-accommodate just to avoid being left.

**Rooted In:** The fear that speaking up or taking space will cause rejection.

**First Step to Heal:** Practice pausing before agreeing to anything. Ask, “*Is this true to me?*”



# Pattern: Fear of Abandonment

**The Loop:** You attach quickly and panic at signs of distance.

**Where It Comes From:** Inconsistent emotional availability during childhood can make disconnection feel threatening to the nervous system.

**First Step to Release:** Place your hand on your heart and say, “I’m not leaving you.” Practice being a safe presence to yourself.



# Pattern: Expecting Disappointment

**The Loop:** You anticipate rejection or betrayal, even when things are going well.

**Rooted In:** Early emotional neglect or loss that made safety feel temporary.

**First Step to Heal:** Catch the narrative. Say to yourself, “It’s okay to trust good things — I am safe to receive.”



# Pattern: Overattaching to Avoid Loneliness

**The Loop:** You attach quickly, sometimes ignoring red flags just to avoid feeling alone.

**Rooted In:** Early emotional starvation — not being consistently comforted or seen.

**First Step to Heal:** Slow down. Remind yourself: *“I don’t have to cling to be cared for.”*



# Pattern: Feeling Unworthy of Lasting Love

**The Loop:** Deep down, you believe that love will always leave — that if someone really saw you, they'd walk away.

**Rooted In:** When love and praise were tied to achievement, perfectionism becomes a shield against shame or rejection.

**First Step to Heal:** Stand in front of a mirror. Say: *"I am lovable, even when I'm not perfect. Especially then."*



# Pattern: Perfectionism

**The Loop:** You strive for flawlessness. You tie your worth to productivity and results.

**Where It Comes From:** When love and praise were tied to achievement, perfectionism becomes a shield against shame or rejection.

**First Step to Release:** At day's end, name one thing you're proud of that *\*isn't\** about doing.



# You Are Allowed to Outgrow Your Survival Patterns

These patterns are not who you are. They were your way of coping, of surviving. But you're allowed to grow beyond them now.

Healing doesn't happen all at once - it begins with one brave, tender step.





## **You're Not Too Much. You Were Just Left with Too Little.**

Healing abandonment wounds takes time, compassion, and consistency — the very things you may have never received. But now, you can learn to give them to yourself.

### **Want guided support on this journey?**

Explore *The Abandonment Recovery Bundle* — with daily shifts, grounding tools, and a gentle roadmap to feel more secure in yourself and your relationships.

[Click Here to See the Bundle](#)

Explore more personal development eBooks, courses and tools designed to help you feel more calm, connected, and kind to yourself — every day.

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