

HEALING THE ABANDONMENT WOUND

*Why you overgive, overstay, and struggle to feel chosen—
and how to heal*



WWW.WINGSFROMASHES.COM

Written by Lindsay



Welcome

If you're here... it means something resonated.

Not just on the surface.

But deeper.

Because survival mode didn't start overnight.

And neither did the patterns you've been carrying.

This workbook is not about blame.

It's about understanding.

Because when you understand your patterns...

you stop judging yourself for them.

And that's where healing begins.

Lindsay

GUIDED REFLECTION — ‘ GOING BACK TO WHERE IT BEGAN’

Before you continue...

Pause.

Take a slow, deep breath in...

and gently exhale.

Allow your body to soften.

This is not about forcing memories.

It's about creating space for awareness.



Visualisation

Close your eyes for a moment, if you feel comfortable.

Imagine a younger version of yourself.

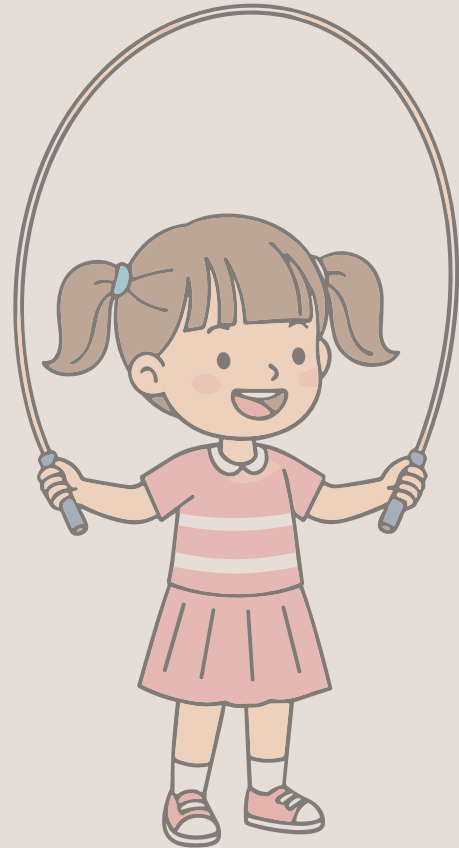
Not the version you show the world now...

but the version of you who was still learning what love felt like.

See Her?

- How old is she?
- Where is she?
- What is she doing?

Take a moment to notice her.



Feel With Her

Now gently ask:

- Does she feel safe?
- Does she feel seen?
- Does she feel heard?
- Does she feel chosen?

Don't overthink it.

Just notice what comes up.



Notice the Gaps

Were there moments where she felt:
alone... even when people were around?
misunderstood... but didn't have the words to explain it?
like she had to be strong too soon?
You don't need to relive anything.

Just acknowledge.

When you're ready, open your eyes and write:

- The younger version of me needed...
- One thing she didn't receive was...
- I learned to cope by...



Grounding Truth

You are not going back to stay there.
You are going back to understand.
Because what you couldn't name back then...
you now have the power to heal.

**As you move through this workbook,
remember:
You are not broken.
You adapted.**

And now... you are learning a new way.

SECTION ONE

WHAT IS AN ABANDONMENT WOUND



“Never will I leave you; never will I forsake you.” — Hebrews 13:5

Reflection

Abandonment doesn't always look like someone leaving.

Sometimes it looks like:

- not being emotionally seen
- not feeling chosen
- being misunderstood
- having to grow up too quickly

And when that happens...

You don't just feel hurt.

You adapt.



SELF-CHECK

Tick what resonates:

- I fear being left or replaced
- I overthink relationships
- I struggle to feel secure
- I give more than I receive
- I stay longer than I should
- I feel like I have to “earn” love

JOURNAL

“When do I feel most afraid of being left or not chosen?”

Example:

“I feel this when someone pulls away or becomes distant. I start overthinking and wondering what I did wrong.”

DATE

Mood

JOURNAL
YOUR THOUGHTS

SECTION TWO

WHERE IT STARTED



Reflection

Your patterns didn't start in adulthood.

They started in moments where:

- you felt unseen
- you felt rejected
- you felt like you had to be strong

MEMORY PROMPT

Think back to your younger self:

- When did I first feel like I had to “be strong”?
- When did I feel emotionally unsupported?
- When did I feel like I had to figure things out on my own?



*The Lord is close to
the
brokenhearted...”
— Psalm 34:18*



SECTION THREE

HOW IT SHOWS UP TODAY



Reflection

What once protected you...
is now shaping your relationships.

PATTERN BREAKDOWN

In Relationships:

- Overgiving
- Fear of loss
- Staying too long

In Your Mind:

- Overthinking
- Self-doubt
- Anxiety

In Behaviour:

- People-pleasing
- Over-functioning
- Avoiding conflict



*“Guard your
heart...” —
Proverbs 4:23*



SECTION FOUR

THE “CHOSEN” PATTERN



Reflection

You don't just want love.

You want to feel:

- chosen
- secure
- safe

But when you don't feel that internally...
you look for it externally.

AWARENESS

Where do you:

- Seek validation?
- Stay when you should leave?
- Accept less than you deserve?

*"You are mine." —
Isaiah 43:1*



SECTION FIVE

RECONNECTING WITH YOURSELF



Reflection

Before you seek to be chosen...
You need to choose yourself.

SELF-RECONNECTION

Answer honestly:

- What do I need right now?
- What do I feel?
- What have I been ignoring?



*“I have loved you
with an everlasting
love...” — Jeremiah
31:3*



SECTION SIX

RE-PARENTING YOURSELF



Reflection

You may not have received everything you needed.

But now...

You can give it to yourself.

EXERCISE — LETTER TO YOUR YOUNGER SELF

Write to her:

- What did she need to hear?
- What did she deserve?
- What do you want her to know now?

Example opening:

“I see you. I know you felt alone, but you were never unworthy of love...”

*“As a mother
comforts her
child...” — Isaiah
66:13*



RE-PARENTING YOURSELF

RE-PARENTING ACTIONS

This week, I will:

- Speak kindly to myself
- Rest without guilt
- Validate my own emotions
- Stop abandoning myself

DAILY CHECK-IN (ADD BELOW THE CHECKLIST)

Today, the most important way I showed up for myself was:

One thing I still need is:

Daily Emotional Check-In

- What am I feeling?
- What do I need right now?

Self-Talk Reset

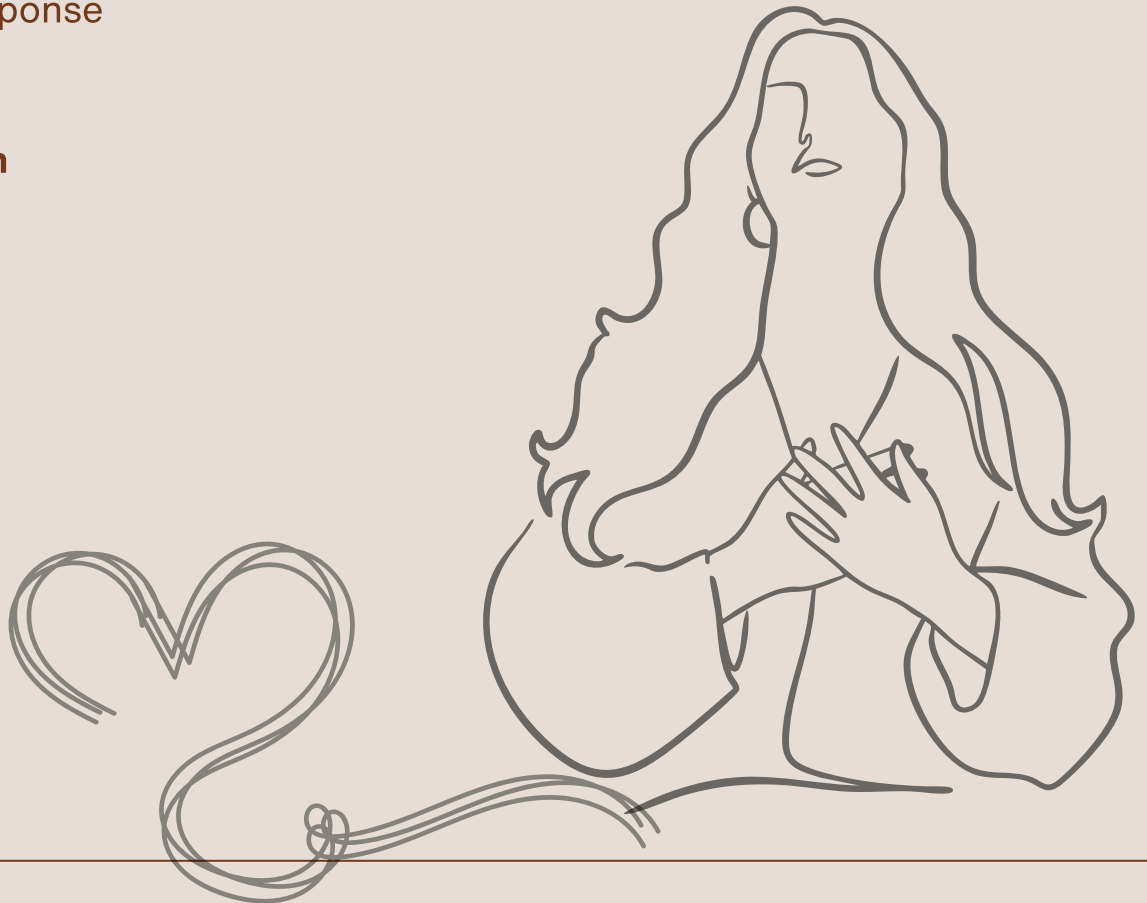
- Old: "I'm overreacting"
- New: "My feelings are valid"

Boundary Micro-Action

- One "no"
- One pause
- One delayed response

Self-Soothing Action

- Sit in silence
- Pray
- Step away
- Breathe



SECTION SEVEN

BREAKING THE CYCLE



Reflection

Awareness without action keeps you stuck.

PATTERN INTERRUPT

Identify:

- One pattern I repeat: _____
- What triggers it: _____
- What I will do differently: _____

EXAMPLE:

Pattern:

- “I overgive in relationships”

Trigger:

- “When I feel someone pulling away”

Old response:

- “I try harder, give more, prove myself”

New response:

- “I pause, breathe, and allow space without chasing”



*“Do not conform...
be transformed...”*
— Romans 12:2



SECTION EIGHT

REBUILDING YOUR IDENTITY



Reflection

You are not your past patterns.
You are not your wounds.

IDENTITY SHIFT

Complete:

- I am no longer: _____
- I am becoming: _____
- I deserve: _____



*“You are fearfully
and wonderfully
made...” — Psalm
139:14*



BONUS

YOU ARE ALREADY CHOSEN



“You did not choose me, but I chose you...” — John 15:16

CONCLUSION

FINAL PRAYER

Lord,

Heal the parts of me that still feel
unchosen.

Restore my sense of worth.

Help me stop seeking externally what
You've already given me internally.

Teach me to walk in truth, not fear.

Amen.

If this workbook opened something deeper...
It means you're ready for the next level of healing.

From Survival to Becoming

This is where we:

- go deeper into identity
- apply everything you've learned
- create lasting, real-life change



Thank you

With Grace
Lindsay Booyesen