

WHERE AM I *Abandoning Myself?*



A Simple Reflection Guide
for Women Ready to Reconnect
With Themselves Again

AWARENESS
CREATES
CHANGE.



*choose
you*♥

BY JEN ANDERSON

— Thankful Hearts Coaching ♥

Welcome,



If you've spent years being the dependable one, the helper,
the peacekeeper, or the strong one...
There's a chance you've slowly stopped including yourself in your own life.

Many women learn early that being "good" means:
keeping the peace,
being helpful,
making life easier for everyone else,
and avoiding disappointment at all costs.

Over time, those patterns can quietly turn into self-abandonment.

Not because you're weak.
Not because you don't care about yourself.
Because somewhere along the way, you learned that your
value was connected to how much you carried for others.

That kind of emotional responsibility becomes heavy.

And eventually, many women begin noticing:
resentment
exhaustion
overthinking
guilt
decision fatigue
loss of identity

This guide is not here to shame you.

It's here to help you gently reconnect with yourself again.
To notice the places where you may have been overriding your needs,
silencing your voice, or carrying more than was ever yours to hold.

Not with judgment.
With compassion.

Because awareness is often where healing begins.

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7 Quiet Signs You may Be Abandoning Yourself

1. You constantly second-guess yourself. You struggle to trust your own decisions without reassurance from others.
2. You feel responsible for everyone else's emotions. When someone is upset, stressed, angry, or disappointed, your nervous system immediately reacts.
3. You say yes when you want to say no. You override your own needs to avoid guilt, conflict, or the disappointment of others.
4. You feel resentful but don't fully understand why. You give and give, yet quietly feel drained, unseen, or emotionally exhausted.
5. You rarely pause before responding. You automatically jump into helping, fixing, agreeing, or accommodating.
6. You don't know what you need anymore. You spend so much time focusing on everyone else that you've lost connection with yourself.
7. Rest makes you uncomfortable. You feel guilty slowing down, doing less, or prioritizing yourself without "earning" it first.

If several of these resonated with you, take a deep breath.

This is not proof that you're broken.

It's information.

And information creates the opportunity for change.

Notes:

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The Choose You Pause

Before automatically saying yes...
Before fixing...
Before overexplaining...
Before absorbing someone else's emotions...

Pause.

And ask yourself:
Am I choosing myself right now?

Then ask:
What would choosing myself look like here?

Sometimes choosing yourself looks like:

- resting
- saying no
- asking for help
- taking more time to decide
- disappointing someone honestly
- leaving the conversation
- protecting your energy
- telling the truth about how you feel

Choosing yourself does not make you selfish.

It makes you present in your own life again.

Notes:



You Don't Have to Untangle This Alone

If this guide resonated deeply with you and you'd like support identifying the patterns keeping you stuck in guilt, overgiving, or self-abandonment, I'd love to invite you into a private **Choose You Session**.

This is a 30-minute 1:1 conversation where we'll explore:

- where you may be abandoning yourself
- what emotional patterns are keeping you stuck
- what choosing yourself could begin to look like in real life

This is not about fixing you.

It's about helping you reconnect with yourself again.

Choose You Session

30 Minutes | \$47

[Book your session here](#) or scan the QR code:



Thank you for being here.

I truly believe women change the moment they stop disappearing inside everyone else's expectations and begin listening to themselves again.

About Jen

Jen Anderson is a Beliefs & Boundaries Specialist, author, podcast co-host, and founder of Thankful Hearts Coaching.

She helps women who are tired of abandoning themselves rebuild self-trust, set compassionate boundaries, and begin choosing themselves again in real life.

Through coaching, speaking, writing, and honest conversations, Jen creates safe spaces for women to reconnect with their voice, their worth, and the version of themselves that got lost beneath responsibility, guilt, and overgiving.

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