

# THE ABANDONMENT RECOVERY WORKBOOK

*Track Your  
Progress as You  
Embark on the  
Process of Healing  
Your Heart*

Guidance through the **5 Stages of Healing**  
from Abandonment, Heartbreak, and Loss

- Overcome the heartbreak caused by the loss of love from divorce, breakup, or death, as well as the loss of a friend, a job, health, or dreams
- Heal the underlying abandonment wound from past or present losses
- Build self-esteem and overcome fear of rejection
- Resolve issues of mistrust and insecurity
- Identify the self-defeating behaviors of the outer child
- Make better choices and build healthy new connections
- Increase the capacity for love

**SUSAN ANDERSON**

*Author of The Journey from Abandonment to Healing*

# Abandonment Workbook

**ML Yell**



## **Abandonment Workbook:**

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