

Title:

Connecting the Past and the Present: Healing Abandonment and Abuse through Awareness

Word Count:

685

Summary:

For people who have been abandoned, either literally by actual physical absence, or emotionally

Keywords:

mother abandonment, self help, recovery, depression, communication, memoirs, healing, families

Article Body:

Many people I work with in therapy or in my writing-as-healing classes discover stories that s

It has become a cliché to talk about ^dysfunctional~ relationships and families, but most peop

The past is not dead'it's not even past. -William Faulkner

Different kinds of abandonment

For people who have been abandoned, either literally by actual physical absence, or emotionally

When the abandoned child is feeling its pain and loss, the rest of the adult person is unable

Healing is a process of peeling the onion, so to speak. Revealing one layer after another, wit

Here are some suggestions:

1. Write about parallels between the past and the present. Become more aware of old patterns f
2. List all the ways you feel you were abandoned. Don't worry if the list doesn't make logical
3. Look at photographs of you and your family from those time periods as a way to help you rem
4. Write an ^unsent letter~'do not send it!'to your mother, telling her all the ways you appre
5. Now write an ^unsent letter~ listing the ways she let you down. DO NOT send unsent letters

Do the same for your father.

1. Write about your intentions for today, this week'what do you want to change? What are you g
2. What are you doing well now, and how is it different and better than what you or your famil
3. What are your strengths? Name 10 things your friends would say are your best traits.
4. Write about how you are your best friend. How you take care of yourself and like yourself.

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