

Abandonment concerns

Plan Support Around a Separation Worry

Adults | 10 to 15 minutes

A trip, delayed contact, or changing relationship can bring a fear of being left without support. Choose one upcoming or recent example. You do not need to prove the fear is rational before caring for yourself. Separate the emotional worry from any practical needs that require a plan.

Name the feared loss, identify what is known, and choose one support or question you can act on.

Identify what feels at stake

Ask whether you fear losing affection, practical care, housing, routine, or something else. Different needs call for different responses. A real risk to essential support deserves practical help rather than reassurance alone.

Build support beyond a promise

You might clarify an expected check-in, arrange alternative transport, or contact another trusted person. Avoid testing loyalty or requesting impossible certainty. If someone uses threats of leaving to control you, consider individual support for safety and choices.

1. What separation or change am I worried about?**2. What emotional or practical loss feels most important?****3. What is known, and what information or support is still missing?****4. What realistic check-in, backup support, or private help can I arrange?****Clinical use and adaptation**

Assess current loss, dependency, coercion, and practical vulnerability. Do not infer an attachment diagnosis or childhood event. Avoid repeated reassurance as the only response, but do not withhold needed care. Significant distress or safety concerns require individualized assessment and support.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S05, S01, S13. Full sources are in the online preview and collection appendix.

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