3 Steps to Heal Your Abandonment Issues (Even if You’ve “Tried Everything”)

If you are reading this, you’re likely to be struggling with abandonment issues and have tried to change. Have you discovered that “knowing better” doesn’t make you better?

I learned about abandonment issues like most people do, the hard way (through experience). From age 15 to 42, I crashed my way through one disastrous relationship after another. In 1999, at age 42, I became a Resonance Repatterning practitioner and eventually discovered something called abandonment issues.

Between my own healing journey, self-study and the work I’ve done with hundreds of clients, to say that I “eat, sleep and breathe” abandonment issues is an understatement. It continues to be a fascinating study of the human journey of wounding and healing – chock full of pain and possibility.

I used to say that I’d cut off my right arm if that’s what it took to make me change. Now I have learned (also from experience) that it is possible to heal your issues and to experience yourself and your relationships with authentic fulfillment (and keep both arms!)

Three steps to healing abandonment issues

- **The first step (The Will) is knowing that you can**

  Once you know that it can be done, it is almost impossible not to want to. When you really get how it all works, you have a natural “will” for that opportunity. You simply need to know how the “laws of nature” that created your issues can be harnessed to heal them.
• **The second step** (The What) is identifying the experiences that created your issues and how they affect you

This goes deeper than the situation that happened. It is intimately connected to the “inner truth” that you experienced at the time (and re-experience now, in both obvious and hidden ways).

• **The third step** (The How) is the evolutionary PROCESS of healing

Resolving the pain makes you available to become who you want to be and create the life you want to live. As the pain and constricted energy moves, your true self emerges and can name and claim what you authentically want and need. It is a healing journey. Be glad. Taking that journey will make you a far more evolved being than your less motivated fellow humans.

**Step One: How you can know (and decide) that you can heal abandonment issues**

What do I mean by “how the laws of nature that created your issues can be harnessed to heal them”?

The way we “learned” our experiences of abandonment included everything – mind, body, emotion - and that is how to heal it; by engaging brain, body, emotion, story, vision, relationship. Fear of abandonment is in the heartbeat, voice, fight/flight/freeze, bonding and stress hormones, in your body sensations of closeness, vulnerability, giving and receiving, trust and fear.

Your abandonment issues came to live inside you through natural, automatic, mostly unconscious and biological mechanics of learning through experience

Just as abandonment issues are learned from experience, we can learn from new experiences. We can use intention and imagination, inner guidance and higher truth to create what we learn. We can change what we “see” and how we respond.
We can exert powerful influences on the IMPRINTS of what happened to us in body, mind, and emotion. We can learn how to be in charge of ourselves, to have self-leadership, inner-independence, and confident experiences of strength, guidance, wisdom and choice.

When you truly understand that your issues absolutely can be healed, there is an automatic choice; your unconscious, powerful will to live - a true force of nature – kicks in and wants to heal. When you really get it, life basically decides FOR you.

**Step Two: Identify the experiences that created the issues and how they affect you**

Even in the most ideal childhoods, there are some experiences that leave deep marks. Without awareness and healing, events or the actions of other people can fester and grow and take on incredible power in the form of unconscious, restricting fears and beliefs - how you see and respond to life.

Left unresolved, they can distort your experience of reality. They exist much deeper than the mental level. They are the filters through which you see everything and they affect the kind of people, work, and relationships you attract and create.

**Here’s an example of how innocently someone’s reality can become distorted:**

Tom is fifty and has been in two long-term relationships since he was forty but has never married. He is currently separated from his girlfriend of three years. He is in a dilemma: he must choose to commit or leave the relationship.

When Tom was young, his dad left and his mom was angry and abusive. Tom now lives in fear of displeasing anyone and worries about it constantly - in all areas of life. He people-pleases to the point of being exhausted, empty and resentful. He seeks relief in substance abuse.
Tom told me that what he wants is truth – to just “know.”

He is unable to know his truth because he only knows that he must avoid making someone angry. His lack of awareness of his own needs, desires and priorities block his knowing. When he does know, he is afraid to stand up for it, it might make someone angry.

If someone gets angry, he sees it as his fault and his responsibility. He fears they will abandon him. This is what he experienced as a child. Tom’s experience of reality is that it is essential to focus on serving others so they won’t get angry with him.

His girlfriend feels insecure with him and tries even harder to nail him down. She gets frustrated and then angry. Tom said he wants to be with someone he can trust not to get angry with him.

The idea of learning how to tolerate another’s anger doesn’t occur to him. The idea of conflict being an unavoidable and healthy part of relationship doesn’t occur to him.

**It can seem like “who you are” is because of what happened, what other people did or didn’t do.** You can spend your life at the effect of others and not realize you are doing it - or assume you have no other choice. Many people never question that this is how life is, they’ll even argue that this IS how life works.

**I assure you, it does NOT need to be that way.**

It does no good for someone to TELL you that you are INFINITELY more than your past experiences. But it is a great day indeed when you recognize that for yourself.
When I work with someone, we dive deep to identify patterns that are still operating decades after the original and still unresolved experiences first occurred.

In Tom’s case, for example, we would go slow and deep into his experiences of fear around displeasing someone until he gained confidence and mastery over that. We would NOT do this on the mental level, the mental level is never ever going to change fear. We would work with what he sees, the images he remembers, his breath, his feelings, needs, what he needs to say and to hear and what he wanted instead. These are just a few examples of how we would collaborate and pro-actively repattern his whole system.

He would personally experience clear and obvious changes in how he shows up in that regard and in many other subtle and not so subtle ways.

When these hidden significant patterns are repatterned, there is a spiral UP instead of down. Deep energy-reserves of awareness, understanding, forgiveness, confidence and calm emerge.

How you see yourself, how you see life, and how you react changes. You come to know yourself as a person who can deal with anything and emerge wiser and stronger for it.

My husband calls me a “self-cleaning oven”. We met late in life and his experiences were with partners who did not have that ability. It is something he values highly in me. Imagine a life where each person realizes their power to manage and evolve in their own inner process – where no one else is to blame for how they are acting or what they need.

No matter how traumatic your past may be, no matter how deeply entrenched your patterns or how dysfunctional your family, you are able to do this. It is totally possible for you to break free, to be empowered and secure in yourself and your relationships. This is the transformation that I support my clients to experience.
The experiences that created your issues CAN be around one big traumatic event but typically it is many small things that add up to a sort of vibrational soup.

I’ve been using proven ancient and modern tools for 18 years. They are uniquely powerful in identifying and shifting the patterns that underlie abandonment and other relationship issues.

**The Third Step: Become who you want to be and create the life you want to live**

There are countless ways to heal and it depends on each person and where that person is in their healing journey. Healing means that you are not stuck, you are making progress. Progress means that what you need today is different than yesterday.

Inner resources develop throughout your healing journey. You change in non-linear, unpredictable ways. Different people get stuck in different places and make fast progress in others.

Since abandonment issues come from a combined effect of many factors, successful healing depends on both a variety of (and masterful, customized synergy of) healing principles applied at the right place in the right time.

Just talk therapy, just breath or body work, just EMDR or EFT and so on do not contain the power that combining body-mind-emotion-memory-breath-survival response etc. at the same moment have. By combining carefully matched elements with your present moment resources along with your “deeper truths,” effective, noticeable healing happens quickly and deeply.

How this happens is a miraculous evolutionary process of healing that comes in several stages. As the pain of unmet needs and unresolved feelings begins to heal you have access your full potential as a human being.

You learn about yourself and how to assess your own current situation, how to balance, how to meet the needs of yourself, others, and situations. You gain perspective, choice, wisdom. You become confident and capable.
Over time, you develop a new but much more authentic identity and way of being in the world, in relationship, and most importantly, in yourself.

Imagine what it is like to be rock-solid centered and certain that you ARE and WILL BE ok, more than ok, no matter what happens in the circumstances and challenges that life presents. That you can count on you and be joyful.

Imagine that your joyful, centered, grounded, even radiant energy attracts and creates more of that within you and all around you. In your relationships with peers, family, partners, children and grand-children.

The symptoms of abandonment issues are biological systems that can be worked with. We are always learning and we have a natural motivation to learn well-being

Your relationship to others, to yourself and to life can be repatterned. Anyone can re-connect and re-direct, re-intend, re-balance and re-learn. Our memories, the brain, breath, nervous system, vitality and general outlook can learn to move toward what is naturally life-enhancing, toward healthy Self, healthy Other, healthy Relationship.

A trauma specialist explains:

“How does experience shape the brain and both cause and repair stress disorders?”

At birth, the brain, which is command central for the body, is ...the organ with a plasticity that enables the brain to create new neural circuitry throughout life. New brain imaging resources... show us that throughout life, the brain remains capable of renewing its structure and function and does so as a result of experience—especially social experience.

A child’s brain is so socially attuned that unspoken communication shapes its development to a remarkable degree. The brain’s amazing plasticity at this stage of development sets a lifelong template for thoughts, feelings, behavior—and a variety of stress related disorders. Studies in people over age ninety show us images of mature brains that continue to produce new neural
pathways at a time when older pathways are dying. The same factors that profoundly shape the brain initially can also be instrumental in repairing the causes and symptoms of stress related disorders”. Bessel Van der Kolk, M.D., The Body Keeps the Score

Thank you for your heart and caring, thank you for your interest in healing and well-being. Sharing what I have learned on my own healing journey and in my work with others is a great honor.

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http://www.laurafrisbie.com/healing-emotional-pain.html