

The Abandonment Wound

A Guided Heart Check for Healing What Still Hurts

A companion resource from the Core Wounds Series at SeanBrannan.com

"I will not in any way fail you nor give you up nor leave you without support..."

— HEBREWS 13:5 AMP

Heart Check — Abandonment Wound

Abandonment wounds often begin in childhood—but they don't stay there. When someone we depended on physically or emotionally pulled away, it sent a message: You're on your own. That belief often grows roots—shaping how we trust, how we attach, and how we handle emotional needs. This Heart Check is designed to help you identify the stories you've carried, recognize the survival patterns you've used to cope, and invite God into the places where you still brace for loss. You don't have to live like you're always one step away from being left behind. Healing begins with noticing what's been driving you—and letting the truth reframe your story.

Key Takeaway:

The abandonment wound convinces you that you're always one step away from being left. But healing begins when you stop rehearsing loss—and start receiving God's steady presence. You weren't created to live alone. You were made to rest in relationship.

Reflective Quote:

"Abandonment didn't just teach me that people leave—it taught me to stop depending on anyone. Healing is learning that God doesn't walk away, even when others do."

— SEAN BRANNAN

Meditation / Affirmation:

"I am not alone."

"I don't have to prove I'm worth staying for."

"I am already held."

"I don't have to carry everything by myself."

"I don't have to shrink, chase, or control to feel safe."

"It's okay to need others."

"It's okay to rest."

"God hasn't left."

"God won't leave."

"And I don't have to live like He will."

Take Action: Choose Healing on Purpose

Healing from abandonment starts with choosing connection—even when your instinct is to pull away. Set aside time this week to complete this Heart Check without rushing. Notice where you still brace for loss. Identify one place you've been self-protecting—and take a small step toward trust, whether it's with God or a safe person. You weren't meant to do life alone, and you don't have to keep carrying everything by yourself. Let this be the moment you start choosing safety—on purpose.

Here's how to take one step forward:

- ☐ To stop hiding my fear of being left
- ☐ To release control over people's decisions
- ☐ To stop bracing for abandonment in every silence
- ☐ To build safety with God, not patterns
- ☐ To let someone close, even if it feels risky

Breathwork — Regulate before Journaling:

Before you try to process what's true or write down what still hurts—take a moment to calm your nervous system. The rejection wound often stirs anxiety, doubt, or self-protection. Breathwork helps signal to your body that you're safe to reflect without judgment or defense.

Try this grounding breath cycle:

Box Breathing (4-4-4-4 Pattern):

- Inhale through your nose for 4 seconds
- Hold for 4 seconds
- Exhale slowly through your mouth for 4 seconds
- Hold for 4 seconds
- Repeat for 3-4 rounds

As you breathe, gently tell your body:

| *"I am safe. I am loved. I can be honest."*

Once you feel more centered, move into the journal prompts. This isn't about forcing clarity—it's about making space for it to surface.

What Abandonment Taught Me

| *What's the earliest moment you remember feeling abandoned—emotionally or physically?*

| *What did that moment teach you about relationships or safety?*

| *How have you been trying to avoid that feeling ever since?*

The Armor I Learned to Wear

*What protective behaviors did you learn to cope with abandonment?
(e.g., emotional detachment, clinginess, hyper-independence, shutdown, anxiety in relationships)*

What would it look like to begin releasing those defenses with God—and safe people?

Truth Over the Lie

| *What belief about yourself or others has abandonment shaped?*

| *What is the truth God says instead?*

Write a short truth you want to anchor into this week:

| *"I believed I had to _____ to avoid being left.*

But God says _____

| *I choose to believe _____."*

Today I Choose Healing

- ☐ To stop living like I'm one step away from being left
- ☐ To name where I still carry fear—and invite God into it
- ☐ To stop managing connection through control or withdrawal
- ☐ To believe that my needs aren't a burden
- ☐ To open myself up to safe support
- ☐ To stop rehearsing loss—and start expecting presence

One thing I want to do differently today:

Thank you for downloading this Heart Check PDF. I truly hope it gave you insight—not just into the pain you've carried, but into the strength, value, and identity God placed in you from the beginning. Healing isn't easy, but you don't have to do it alone. You were never meant to carry abandonment as your story. You were meant to walk in truth—with grace, with courage, and with God.

May the Lord bless you, guide you, and continue shaping you into the whole, secure, loved version of yourself He designed you to be.

You are not alone.
You are chosen.
And you are already loved.

—Sean Brannan