

ABANDONMENT CORE BELIEF SELF-ASSESSMENT

The abandonment core belief is a perceived instability or unreliability of those on whom you relied for support and connection. It involves the belief that the significant person or people in your life will not be able to provide emotional support, connection, or protection because they are emotionally unstable and unpredictable, unreliable or erratically present, and/or will die or abandon you for someone else.

Rate the following statements using the scale below:

1 = completely untrue of me

2 = mostly untrue of me

3 = slightly more true than untrue of me

4 = moderately true of me

5 = mostly true of me

6 = describes me perfectly

_____ 1. I worry a lot that the people I love will die or leave me.

_____ 2. I cling to people because I am afraid they will leave me.

_____ 3. I do not have a stable base of support.

_____ 4. I keep falling in love with people who cannot be there for me in a committed way.

_____ 5. People have always come and gone in my life.

_____ 6. I get desperate when someone I love pulls away.

_____ 7. I get so obsessed with the idea that my lovers will leave me that I drive them away.

_____ 8. The people closest to me are unpredictable. One minute they are there for me and the next minute they are gone.

_____ 9. I need other people too much.

_____ 10. In the end I will be alone.

_____ Total Score

Add up the points from each statement to get your total score.

10–19: Very low. This core belief probably does not apply to you.

20–29: Fairly low. This core belief may apply only occasionally.

30–39: Moderate. This core belief is an issue in your life.

40–49: High. This is definitely an important core belief for you.

50–60: Very high. This is a powerful core belief for you.

Note: If you have a low score but you have at least one statement that you rated a 5 or 6, then this core belief is an issue in your life.