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Emotional self-reliance involves accepting the intense feelings of the experience, taking stock of your present reality, and assuring yourself that you will survive." — Susan Anderson, The Journey from Abandonment to Healing: Turn the End of a Relationship into the Beginning of a New Life 11 likes

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About The Journey from Abandonment to Healing: Revised and Updated. The fear of abandonment is one of our most primal fears, and deservedly so. Its pain is often overwhelming, and can

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leave its mark on the rest of your life.

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The Journey from Abandonment to Healing

S.W.I.R.L. is an acronym which stands for the five stages of abandonment: Shattering, Withdrawal, Internalizing, Rage, and Lifting - introduced in JOURNEY FROM ABANDONMENT. 1: SHATTERING - Your relationship is breaking apart. Your hopes and dreams are Shattered. You are devastated, bewildered. You Succumb to despair and panic.

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S.W.I.R.L | The Five Stages Of Abandonment | Susan ...

Susan Anderson author of The Journey from Abandonment to Healing: Turn the End of a relationship into the Beginning of a New Life answers frequently asked questions about abandonment.

All About Abandonment - Emotional Affair Journey

The abandonment wound seems to be an under-represented area in mental health. Just like complex trauma is not listed as a diagnosis in the DSM, neither is abandonment mentioned as a cause for some ...

Healing the Abandonment Wound - The Recovery Expert

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