

The Self-Abandonment Audit

You said the film was fine. You were not hungry. The plan they chose was the one you wanted anyway. Taken one at a time each of these is nothing, which is exactly what makes the habit so hard to see: there is never a single moment large enough to point at. What is visible is the residue. A low background resentment with no incident attached to it, and a strange blankness when somebody asks what you would like.

Who this is for: You are easy to be around, you get told so often, and you have started to notice that you do not know what you want until you are on your own again.

The audit

When you disagree and say nothing

Opinions, taste, and positions dropped before they are stated.

I say I do not mind when I do mind. (0-3)

I find out what they think before I say what I think. (0-3)

I have agreed with something I disagree with to keep a mood intact. (0-3)

Section total, out of 9:

When the plan is not the one you wanted

Preferences about what happens, and where they go.

I let them choose and then feel flat about the evening. (0-3)

I say yes and quietly hope it gets cancelled. (0-3)

I suggest nothing rather than suggest the wrong thing. (0-3)

Section total, out of 9:

When it costs you time you needed

Hours given up, including the ones nobody asked for.

I give up sleep, work time or a night in to be available. (0-3)

I keep time free in case, without being asked to. (0-3)

I answer messages at hours that cost me something. (0-3)

Section total, out of 9:

When money is involved

The domain with an audit trail, which makes it easier to check.

I pay more than my share and say nothing about it. (0-3)

I have agreed to something I could not comfortably afford. (0-3)

I avoid the money conversation and absorb the difference. (0-3)

Section total, out of 9:

When your body is asking for something

Cold, hunger, tiredness, pain, and needing to leave.

I stay cold, hungry, tired or in pain rather than interrupt. (0-3)

I notice what my body wants late, or only once I am alone. (0-3)

I have agreed to closeness I did not want at that moment. (0-3)

Section total, out of 9:

When it costs you someone else

Friends, family, and the life that quietly narrows.

I see friends and family less than I want to, and have not said so. (0-3)

I manage other people so they do not become a problem for us. (0-3)

I have dropped a plan with someone else to stay available. (0-3)

Section total, out of 9:

When it happens at work

The section that tells you whether this is about one person.

I take on work I do not have room for rather than say so. (0-3)

I let a wrong decision stand rather than correct someone senior. (0-3)

I apologise for things that are not mine. (0-3)

Section total, out of 9:

Scoring, and why the shape beats the total

Add the seven sections, then look at where the score sits.

Section totals: 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____

Total, out of 63:

Concentrated in one or two sections, or spread across all seven?

Does it happen with one person, or everywhere?

The one line I would most like to score lower in three months:

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