



To prepare for this activity, begin by thinking of an incident of loss or disappointment from your childhood. **1.** What feelings do you remember during this initial stage (Shattering Stage)? Jot down the feelings in the Shattering Column. **2.** Did the experience create any emotional deprivation? Did it leave you needing, wanting, waiting for reassurance that never arrived? What needs and feelings did this create? Jot down those feelings in the Withdrawal column. **3.** How did that experience affect the way you felt about yourself? Did it create self-doubt? Did it make you feel insignificant? Unspecial? Jot down those feelings in the Internalizing column. **4.** Do you remember what you did with the anger? Hold it in? Take it out on your toys? People? Yourself? Describe this in the Rage column. **5.** And finally, where did all of the feelings go? Did you stuff them? Did you give up trying to get your needs met? Become detached? Lower your expectations? Did it break your spirit? Increase your spirit? Jot down a few words in the Lifting column.

As you read across horizontally, it should give you a map of the experience(s). You can do this for each significant emotional experience from childhood until now. Then, we will look for patterns. You may need an extra page or two for this for space to write it out.

The Unfinished Business Chart				
Shattering	Withdrawal	Internalizing	Rage	Lifting

After considering a few of the experiences, examine them columns vertically. Do your feelings form an emotional theme? Which ones carry through childhood to today? Journal about this, process with a therapist, coach, friend, or sponsor.

**Activity from Susan Anderson book: The Abandonment Recovery Workbook