

CHAPTER 3

ABANDONMENT

...According to my observations, the wound of abandonment is experienced with the parent of the opposite sex. I have, however, noticed that people suffering from abandonment often suffer from rejection. When they were young, they felt rejected by their parent of the same sex and abandoned by their parent of the opposite sex who, in their opinion, should have looked after them better and who should above all, have made sure that they were less rejected by the other parent. Children can feel that they have been abandoned by their parent of the same sex but, in fact, it's the wound of rejection that they experience with this parent. Why? Because parents who don't look after their children of the same sex act in this way because they reject themselves, and that's what their children feel deep down. When parents reject themselves and have a child of the same sex, it's absolutely normal and humane that they reject this child, even unconsciously, because this child constantly reminds them of themselves. The example of the lady who lost her father when she was 18 clearly illustrates the double wound of rejection and abandonment.

As you go deeper into this character study, you'll realize that most people have several wounds. They don't however, all have the same degree of pain.

Those who suffer from abandonment don't feel sufficiently nourished in affection. The lack of physical nourishment can also cause the wound of abandonment that generally appears before the age of two. The mask that we create to try and hide this wound from ourselves is the DEPENDENT mask. I will therefore use this word to describe someone who suffers from abandonment. All through this book I'll call this type of person the dependent.

This mask is characterised by a body that lacks tonus. A long slim body that sags shows a deeper wound of abandonment. The muscular system is underdeveloped and doesn't seem able to hold the body upright, as if it needed help. The body expresses exactly what is going on inside the person. Dependents believe that they'll never be able to make it alone and that they need someone else to lean on. We can easily see the little child who needs help in this person...