

A GRIEF in Action Journaling Exercise

Abandonment, Rejection, or Being Misunderstood

Some wounds are not caused by what happened, but by who did not stay, who walked away, or who never truly saw us. Abandonment, rejection, and being misunderstood leave a unique kind of GRIEF because they fracture connection and trust.

This exercise invites you to explore how these experiences may still echo in your life. You are not being asked to relive pain—only to name what shaped you.

Begin here:

A moment when I felt abandoned, rejected, or deeply misunderstood was:

When this happened, what hurt most was:

What This Loss Taught Me About Connection

Experiences of abandonment or rejection often shape how we relate to others and to ourselves. The questions below help uncover the meanings we may still carry.

What belief about myself or others formed after this experience?

How has this experience influenced how close I allow people to get to me now?

What would it feel like to be fully seen and understood today?

Being misunderstood does not mean you failed to communicate who you are. Sometimes it means others were not willing or able to listen.

If this exercise surfaced something meaningful, deeper healing is possible.

Continue your journey with the Invisible GRIEF Mini-Ebook and other GRIEF in Action tools at www.griefxtalk.com.