

The Self-Abandoning Giver

*Learning to care for yourself with the same compassion
you've always offered everyone else.*



1. REMEMBER THIS

You are not too much.

You are not selfish.

You simply learned that love was something you earned by caring for everyone else first.

Your heart isn't asking you to become less loving.

It's inviting you to finally include yourself in that love.



2. YOUR STRENGTH

Your ability to love is extraordinary.

You notice what others need.

You encourage.

You nurture.

You create safety for the people around you.

Those are beautiful gifts.

Healing isn't about changing who you are.

It's about making sure you no longer disappear while loving everyone else.



3. ONE SMALL SHIFT THIS WEEK

Choose one.

- ☐ Say no without apologizing.
- ☐ Ask for help.
- ☐ Rest before you're exhausted.
- ☐ Spend thirty minutes doing something only because it brings you joy.
- ☐ Let someone care for you.

Small choices teach your nervous system that your needs matter too.



4. REFLECTION

Ask yourself:

"Where did I first learn that being needed was safer than having needs?"

Don't rush the answer.

Simply notice what comes up.

Awareness is where healing begins.



5. CONTINUE YOUR HEALING JOURNEY



READ THE COMPLETE ARTICLE

Dive deeper into your pattern and discover practical insights to support your healing.



LISTEN TO THE PODCAST EPISODE

Hear how this pattern shows up in real life and ways to begin healing.



READ THE BOOK

The Sacred Work of Remembering

A memoir-based healing journey for the woman coming home to herself.



JOIN ROOTED

The Self-Trust Circle Community

A safe space to heal, connect, and grow with women who truly understand.



Welcome Home.

Healing isn't about becoming someone new.
It's about remembering who you've always been.

— Mary Majors

Remember this.

You are not behind.

You are not broken.

You are becoming.



WELCOME HOME.

