

Strategies for dealing with the ABANDONMENT schema

- 1) KNOW: Some people are *not* trustworthy, but MANY *are* trustworthy.
- 2) Learn to distinguish between those who are trustworthy and those who are not
- 3) Stay away from abusive people and stand up for yourself.
- 4) Accept that there is a spectrum of trustworthiness. It is not black or white. So just because someone isn't perfect (or perfectly trustworthy), doesn't mean they are UNTRUSTWORTHY. Are they TRUSTWORTHY ENOUGH?
- 5) Behave differently with trustworthy people versus untrustworthy. Share more. Rely on them more. Be yourself. Don't use your coping strategies when you do not need to.
- 6) Do not set up little tests to determine if a partner is trustworthy. It can be experienced as manipulative or as if you are "playing games"