



## Healing Childhood Abandonment Wounds Course Worksheet

1. Childhood abandonment is best understood as:
  - A. A condition caused only by parental death
  - B. A multidimensional relational injury affecting development
  - C. A temporary childhood adjustment problem
  - D. A diagnosis limited to childhood disorders
2. Emotional abandonment may occur when caregivers are:
  - A. Physically absent only
  - B. Financially unstable
  - C. Overly permissive
  - D. Physically present but emotionally unavailable
3. Internal working models influence how clients perceive:
  - A. Themselves, others, and relationships
  - B. Only childhood memories
  - C. Academic performance only
  - D. Medication response
4. Which attachment style is most associated with consistent caregiver responsiveness?
  - A. Avoidant attachment
  - B. Disorganized attachment
  - C. Secure attachment
  - D. Anxious attachment
5. Anxious/preoccupied attachment commonly develops in response to:
  - A. Highly structured caregiving
  - B. Inconsistent caregiving
  - C. Excessive independence
  - D. Secure emotional support
6. Avoidant attachment is often associated with:
  - A. Suppression of emotional needs
  - B. Excessive emotional openness
  - C. Consistent help-seeking
  - D. Low self-reliance



7. Disorganized attachment often develops when the caregiver is:
  - A. Consistently nurturing
  - B. Emotionally expressive
  - C. Highly structured
  - D. Both a source of comfort and fear
  
8. Abandonment-related behaviors such as people-pleasing and withdrawal are best understood as:
  - A. Intentional manipulation
  - B. Moral weakness
  - C. Survival adaptations
  - D. Normal developmental milestones
  
9. HPA axis dysregulation is related to:
  - A. Chronic stress response activation
  - B. Language development
  - C. Visual processing
  - D. Academic motivation
  
10. Amygdala hyperactivation may contribute to:
  - A. Improved executive functioning
  - B. Reduced emotional sensitivity
  - C. Increased secure attachment
  - D. Hypervigilance and threat sensitivity
  
11. The window of tolerance refers to:
  - A. A diagnostic category
  - B. The range of arousal in which a person can regulate and function
  - C. A medication response pattern
  - D. A family therapy technique
  
12. Dissociation may function as:
  - A. A sign of secure attachment
  - B. A voluntary behavior
  - C. A survival response to overwhelming stress
  - D. A symptom unrelated to trauma
  
13. Chronic loneliness in abandonment survivors often reflects:
  - A. Persistent emotional disconnection
  - B. Lack of social skills only

- C. Poor motivation
  - D. Normal introversion
14. Shame differs from guilt because shame involves:
- A. Feeling bad about a specific behavior
  - B. Negative beliefs about one's fundamental worth
  - C. A temporary mood state
  - D. A lack of anxiety
15. Compulsive reassurance seeking usually functions to:
- A. Increase independence
  - B. Reduce therapist involvement
  - C. Avoid all relationships
  - D. Manage attachment anxiety
16. Trauma bonding is most associated with:
- A. Stable secure relationships
  - B. Low emotional intensity
  - C. Intermittent reinforcement and relational instability
  - D. Absence of attachment needs
17. Assessment of abandonment trauma should include:
- A. Only current symptoms
  - B. Attachment history and developmental trauma screening
  - C. Medication history only
  - D. Academic records only
18. The ACE Questionnaire is used to screen for:
- A. Adverse childhood experiences
  - B. Adult career interests
  - C. Attachment style only
  - D. Cognitive distortions only
19. A core abandonment schema may include:
- A. "I am always safe."
  - B. "Others always respond consistently."
  - C. "My emotions are always welcome."
  - D. "People always leave."
20. Differential diagnosis is important because abandonment trauma may resemble:
- A. Only substance use disorders
  - B. Only medical illness



- C. Personality disorders, PTSD, anxiety, and mood disorders
  - D. Learning disabilities only
21. A phased treatment approach generally begins with:
- A. Immediate trauma exposure
  - B. Stabilization and regulation
  - C. Termination planning
  - D. Family confrontation
22. Trauma-informed care emphasizes:
- A. Safety, empowerment, collaboration, trust, and cultural humility
  - B. Therapist authority above client choice
  - C. Rapid confrontation of trauma memories
  - D. Avoidance of client autonomy
23. Attachment-based therapy often uses the therapeutic relationship to provide:
- A. Diagnostic labeling
  - B. Immediate symptom elimination
  - C. Corrective relational experiences
  - D. Medication management
24. In CBT, behavioral experiments help clients:
- A. Avoid relationships
  - B. Suppress emotions
  - C. Confirm abandonment fears
  - D. Test abandonment-related beliefs in real-life situations
25. DBT is especially useful for:
- A. Eliminating all attachment needs
  - B. Distress tolerance, emotion regulation, and interpersonal effectiveness
  - C. Avoiding relational work
  - D. Replacing assessment
26. In Internal Family Systems, exiles often carry:
- A. Abandonment wounds, shame, grief, and fear
  - B. Only anger toward society
  - C. Secure attachment memories only
  - D. Professional identity concerns
27. Emotionally Focused Therapy primarily focuses on:
- A. Intellectual insight only
  - B. Behavioral compliance



- C. Attachment injuries, emotional processing, and relational bonding
- D. Medication adherence

28. Somatic and bottom-up interventions target:

- A. Legal concerns
- B. Academic functioning
- C. Insurance documentation
- D. Nervous system regulation and body awareness

29. Ethical treatment of abandonment trauma requires special attention to:

- A. Avoiding all emotional discussion
- B. Boundaries, countertransference, informed consent, and termination
- C. Discouraging client attachment
- D. Replacing therapy with self-help

30. Planned termination is important because it can:

- A. Provide repair-focused closure rather than replicate abandonment
- B. Avoid discussion of grief
- C. End treatment without preparation
- D. Eliminate all attachment needs