

When They Don't Value You Enough

A Guide to Recognizing and Reclaiming Your Worth

Introduction

Sometimes, the hardest truth to face isn't that someone changed — but that they stopped showing up, stopped trying, or never truly saw your worth to begin with.

This reflection guide is a space to reconnect with your needs, notice what no longer serves you, and gently begin imagining a life where your worth doesn't need to be proven. It's a space for you to reflect, reconnect with yourself, and consider what it might look like to **choose you**, even when it hurts.

You don't need to have all the answers, just awareness and compassion for yourself and your pain.

Star here... Step 1: Recognizing the Patterns

Take a moment to notice which of these resonate with your experience. You can circle or highlight the ones that feel familiar:

- I often feel emotionally alone in the relationship.
- My feelings are dismissed, minimized, or ignored.
- I notice a lack of effort — emotionally, physically, or in shared plans.
- My boundaries are repeatedly crossed.
- I feel belittled or “joked about” in ways that leave me hurt.
- I can't remember the last time I felt genuinely appreciated.
- I'm holding on more out of fear than love.

Journal Prompt

If a close friend described their relationship exactly like this (your choices above), what would I gently say to them?

Step 2: Reflecting on Your Needs

Let this be a moment of honesty and clarity. Write what comes up — no filters, no judgment.

What do I truly need in order to feel safe, seen, and loved in a relationship?

When was the last time I felt emotionally held by this person?

What am I afraid would happen if I let go — and what might happen if I don't?

Have I been more committed to being chosen than to choosing *myself*?

Step 3: Reclaiming Your Direction

You don't have to make a final decision today, but you can take one small step toward emotional clarity. Choose one action for this week:

- ☐ Have an honest conversation about how I feel
- ☐ Set a clear boundary
- ☐ Spend time with people who value me
- ☐ Start journaling my feelings daily
- ☐ Talk to a therapist, counselor, or trusted person
- ☐ Write down my emotional “non-negotiables” for future relationships
- ☐ Write a letter to myself from the version of me who walked away, who chose peace over proving

Affirmation:

"I am not here to be tolerated. I am here to be cherished. I don't need to stay where I am unseen."

Final Note

You are not being “too much.” You are not expecting the impossible.

Love isn’t proven by how much you endure — but by how safe, loved, and alive you feel in someone’s presence.

This is not about giving up.

It’s about returning to yourself — with clarity, care, and the courage to believe you’re worthy of more.

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth matters.

Have a question or want to share your reflections with me?

I’d love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

Want more free resources like this?

Visit www.andressamartinspsychotherapy.com for more tools to support your journey of emotional well-being and self-discovery.

With warmth,

Andressa