

Abandonment doesn't end when someone leaves.

It stays—quietly shaping how you think, how you react, and how you see yourself.

This is not a story about recovery in the way you've heard it before. It is a raw, deeply personal account of what abandonment does to the mind—and what it takes to finally face it.

Abandonment Nightmares & The Honeysuckle Dream is a deeply personal exploration of:

- Emotional abandonment and its lasting psychological impact
- Addiction, recovery, and the internal struggle that isn't often spoken about
- The patterns we carry long after the moment has passed
- The slow shift from survival to awareness

This is not written from theory.
It is written from lived experience.

This is not a step-by-step program.
It does not offer quick solutions or surface-level motivation.

Instead, it offers something far more honest:

- Recognition
- Clarity
- The beginning of real awareness

Because before anything can be healed, it has to be seen.

You may find yourself in these pages if:

- You've experienced abandonment—whether in childhood or later in life
- You've struggled with addiction or emotional dependency
- You feel like something unresolved still lives beneath the surface
- You are searching for understanding, not just advice

For those who find themselves wanting to go deeper into the nature of thought, control, and awareness, this journey continues beyond the emotional experience and into the structure of the mind itself.

This is not a story about becoming stronger.

It is a story about becoming aware.