

CHILDHOOD EMOTIONAL NEGLECT?

**Introduction:**

This questionnaire is designed to help you reflect on some emotional patterns and experiences that may have affected you throughout your life. These patterns can stem from various sources, including childhood experiences where emotional needs may not have been fully supported, or from other life events. While this may not always indicate Childhood Emotional Neglect (CEN), it can provide insight into areas where you might have faced challenges in expressing, processing, or understanding your feelings. If you recognize many of these patterns in yourself, it could be helpful to explore them further with a professional who can guide you on your healing journey.

**Instructions:**

For each "Yes" answer, reflect on how it might connect to experiences of emotional neglect or unmet emotional needs in childhood. The more questions you answered "Yes", the more likely it is that you’ve been impacted by emotional neglect or at least emotional needs not being met, which could be affecting various aspects of your adult life.

**Do you ever experience:**

1. A sense of disconnection or not belonging when you're with your family or friends?
2. A strong need to be overly independent, sometimes at the expense of asking for help?
3. Difficulty reaching out to others for support, asking for help, even when you need it?
4. Feedback from family or friends that you seem emotionally distant or detached?
5. A feeling that you haven't fully realized your potential in life?
6. A strong desire to spend time alone, even when others are around?
7. Occasional thoughts that you're "faking it" or that you’re not as capable as others think?
8. Discomfort or unease in social situations, even with familiar faces?
9. Regular disappointment or frustration with yourself?
10. A tendency to be more critical of yourself than you are of others?
11. A habit of comparing yourself to others and often feeling inadequate?
12. A sense that it's easier to bond with animals than with people?
13. Unexplained irritability or low mood that seems to come out of nowhere?
14. Difficulty identifying or understanding your emotions?
15. Uncertainty about your own strengths and weaknesses?
16. A feeling of being on the outside looking in with family and friends, work colleagues?
17. The thought that you could easily live in isolation, away from others?
18. Trouble calming yourself down when you’re stressed or upset?
19. A sense that something keeps you from fully enjoying or being present in the moment?
20. A feeling of emptiness inside, as though something is missing?
21. The nagging sense that something is inherently wrong with you?
22. Challenges in maintaining focus or discipline in areas that matter to you?

**Suggested Markers for Interpretation:**

**1–5 Yes Answers** – **Unlikely to have experienced CEN**

* + While this may not rule out any experiences, it suggests that emotional neglect may not be a major factor in your life. You might have other factors influencing your emotional well-being.

**6–10 Yes Answers** – **Some areas of emotional neglect**

* + There may be some mild-to-moderate signs of emotional neglect or a history of unmet emotional needs. It could indicate that some parts of your childhood experience may have impacted your emotional development, but it's not necessarily overwhelming or pervasive.

**11–15 Yes Answers** – **More likely to have experienced CEN**

* + A higher number of "Yes" responses suggests a stronger likelihood that CEN has impacted your emotional world and potentially affects your current relationships, self-image, and coping strategies. It's likely that unresolved emotional neglect is at play.

**16–20 Yes Answers** – **Significant evidence of CEN**

* + If you answer "Yes" to this range of questions, it indicates a strong possibility that childhood emotional neglect has played a significant role in your life. You may have developed coping mechanisms or emotional patterns as a result of this neglect that could be impacting your mental health and relationships today.

**21–22 Yes Answers** – **Seek help and support**

* + A high number of affirmative responses suggests that emotional neglect may have deeply affected your emotional and psychological well-being. If you fall into this category, seeking professional support such as therapy or coaching would be highly recommended, as there may be deeper unresolved issues that need addressing for healing and growth.

**Disclaimer:**

While this checklist can help you recognize patterns that may be linked to Childhood Emotional Neglect (CEN), please note that these symptoms can also be caused by other factors such as trauma, attachment issues, anxiety, or other mental health conditions. If you find yourself answering "Yes" to several of these questions, it may be helpful to explore other potential causes with a licensed therapist or counsellor. Understanding the root cause is a key step in creating meaningful and lasting healing.