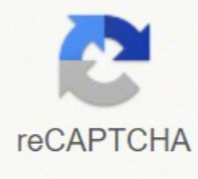




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Childhood emotional neglect questionnaire pdf online free

Yet on the inside, they have some extraordinary things in common. All CEN adults share a unique pattern of struggles which are so woven into their sense of themselves that most believe that everyone feels this way. The 10 Characteristics of Those Who Grew Up With Childhood Emotional Neglect: Feelings of emptiness, counter-dependence, lack of self-knowledge, poor compassion for self (probably plenty for others), a tendency toward guilt and shame, self-directed anger and self-blame, a deep sense of being flawed, or different from everyone else, struggles with self-care, struggles with self-discipline, difficulties identifying, naming, and understanding how emotions work in oneself and others, how did you get this way? So you grew up with parents who ignored your feelings. Then, the circle widened, and I began to see it in the people all around me: at the grocery store, the mall, and even on reality TV shows. This factor from childhood is so subtle that it goes virtually unnoticed by everyone while it does its silent damage to people's lives. As I became aware of the full power and prevalence of Emotional Neglect, I felt compelled to drag it out of the darkness and into the light; to help people to see how it affects them, and to give them the tools to fix it. My promise to you is that if you take this short questionnaire and follow my advice... recovering from CEN will become significantly easier. During twenty years of practicing psychology, I started to see an invisible force from childhood which weighs upon people as adults. You do your best to avoid feelings altogether, perhaps even positive ones. Feeling flawed, empty and alone and out of touch with your feelings, its hard to feel you belong anywhere. Not necessarily all of the time, but too much of the time. If so, do not be alarmed or discouraged. In fact, it is just the opposite. Plus how to heal, because you absolutely can! Get yourself on the CEN Recovery Path. Believe it or not, yes, that is all it takes to leave the mark of Childhood Emotional Neglect upon the child. The variety of emotionally neglectful families is infinite. Take the CEN Test. It built a wall to block off your feelings. You realized very young that your emotions were not welcome in your childhood home. All that matters is that your parents fail to notice, ask or respond to your feelings enough. Its hard to know what you want, feel or need. In fact, its often an exceedingly subtle, unnoticeable, unmemorable failure of which no one is aware. In many families, the parents simply fail to notice their child is having a feeling, fail to validate their child's feelings and fail to ask their child about his/her feelings. Getting yourself on this healthy, enriching path involves declaring war on your CEN. At times feel empty inside? 21. Sometimes feel like you don't belong when with your family or friends? 2. Often feel disappointed with, or angry at, yourself? 10. Take the CEN Questionnaire 1. Secretly feel there's something wrong with you? 22. The startling reality is that very few of them are true! How To Stop Saying and Believing These 20 Things Start listening to yourself. CEN folks can look completely varied from the outside so much that they appear to have nothing in common. Often feel irritable or unhappy for no apparent reason? 14. Compare yourself to others and often find yourself sadly lacking? 12. That way you could ignore and squelch them. Your young brain knew just what to do. Its hard to believe that it matters. This will start to make you more aware of how you feel about yourself and life. Believe you're one of those people who could easily live as a hermit? 18. Tend to feel uncomfortable in social situations? 9. This makes you feel empty, different from other people, and somehow, deeply flawed. Having gone to your parents for emotional support and validation as a child, you too often walked away painfully empty-handed and alone. Struggle with self-discipline? It can happen in families which are seemingly healthy and fine. Just as every CEN family is different, so is every CEN adult. Judge yourself more harshly than you judge others? 11. See the resources below to understand how CEN happens, why its so unmemorable, and how it has played out in your adult life. So please know that, at this point, the ENQ is based upon clinical experience, and has not been scientifically studied yet. Sign up to Take The Emotional Neglect Questionnaire To learn more about CEN; how it happens, why its so invisible, and how to heal from it, visit EmotionalNeglect.com, or see Running on Empty: Overcome Your Childhood Emotional Neglect. Its Childhood Emotional Neglect (CEN). CEN is a parents failure to respond enough to a child's emotional needs. This failure to respond can masquerade as loving parent behavior. "I don't know what I want" becomes "I know exactly what I want." And knowing who you are, how you feel, and what you want is one giant step toward happiness. Not sure if you have Childhood Emotional Neglect? In any case, it goes unseen and unnoticed while it does its silent damage to peoples lives. Many people have found answers to problems that have baffled them throughout their lives, by recognizing that CEN is the cause. And during that time, I started to notice an "invisible factor" from childhood which weighed upon people in adulthood, sapping their joy, making them feel disconnected or unfulfilled, or causing them to struggle with self-discipline. I called it Emotional Neglect. First, I saw it in my psychology clients. Often just want to be left alone? 7. This will show you how CEN is distorting your sense of yourself and the world, and hopefully, help you realize that you must change this. Learn everything you can about Childhood Emotional Neglect. Have friends or family who complain that you are aloof or distant? 5. Pride yourself on not relying upon others? 3. It is also a powerful, painful process that leaves its mark on the child, who will grow up to suffer its results. Find it easier to love animals than people? 13. Who is Dr. Jonice Webb? I have been practicing psychology for over 20 years. Something is missing. They are blocked off, and you can sense it. Childhood Emotional Neglect is an ordinary, unremarkable experience that happens in legions of homes, to legions of children, every single day. Have trouble identifying your strengths and weaknesses? 16. Start valuing and paying attention to your feelings and learning emotion skills. By treating yourself and your feelings in a new and different way, you will begin to feel a new and different way. They can be single-parent, two-parent or with a stay-at-home mom or dad. But because CEN is so difficult to see or remember, it can be very hard to identify whether you are living your adult life in its grip. There are answers and solutions to this problem! Childhood Emotional Neglect is not a one-way street to nowhere. Have trouble calming yourself? 19. When you do, you will begin to hear what you say. Feel you have not met your potential in life? 6. Ive devised the Emotional Neglect Questionnaire to help you discover whether you may have grown up this way. I have found it very useful, but have not yet been able to establish reliability or normative data through research. Sometimes feel like you're on the outside looking in? 17. Have difficulty asking for help? 4. That way your anger, hurt, sadness or need would not bother your parents or yourself. Now an adult, you are living with your feelings on the other side of that wall. None of those things even matter. Compounding the problem is the strong likelihood that the child, now an adult, will have no memory of what went wrong. Childhood Emotional Neglect or CEN happens when your parents fail to notice and respond enough to your emotions and emotional needs as they raise you. It does not need to be a dramatic failure, although it can be in some families. Its hard to feel that you matter. As you read the 22 statements below, please think about whether you say, or feel, them often. Somewhere deep down you can feel that something is not right. Secretly feel that you may be a fraud? 8. And it can be overshadowed by more obvious child mistreatment or abuse. You can reverse it from the inside, and it will change your view of yourself and your life forever. I dont want to intrude. I dont need any help. Feel there's something holding you back from being present in the moment? 20. They can be warm or cold, wealthy or struggling, loving or angry or depressed. Its free. To learn much more about CEN, how it happens to you as a child and affects your adulthood plus how to take the steps in CEN Recovery, see the books, Running On Empty: Overcome Your Childhood Emotional Neglect and Running On Empty No More: Transform Your Relationships. Have trouble knowing what you're feeling? 15. How did you cope? Whatever you want is fine with me. I dont have anything to say. I dont feel anything. Im sorry. Im lazy. Whats the point? I dont need anything. It doesnt matter to me. I dont need anyone. Its my fault. I dont know how I feel. I can do this on my own. I can handle it. Im not as smart/ attractive/ capable as other people. I dont fit in anywhere. Why cant you just be happy? Just stop feeling that way. I dont know what I want! I have heard thousands of CEN people offhandedly make these comments a countless number of times. Changing how you feel on the inside affects what you say on the outside. So now its hard for you to ask anyone for anything, and you are afraid to expect support and help from anyone. Since you grew up with little awareness of emotions, you are now uncomfortable any time strong feelings arise in yourself or anyone else. Many such homes are loving and caring in every other way. Its a non-event which is unnoticeable and unmemorable and yet leaves a profound mark upon the child that endures throughout adulthood. Make a decision to treat your emotions the opposite of how your parents treated them.

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