

**"Recover from Childhood Emotional Neglect and become the connected, fulfilled person you were meant to be."**

Jonice Webb, PhD

*understanding signs of Childhood Emotional Neglect and Self-Neglect*

# IDENTIFYING EMOTIONAL SELF-NEGLECT

Before practicing Mindful Self-Compassion, it is important to understand a bit about Emotional Self-Neglect.

Emotional Self-Neglect is common because we live in a society that severely lacks Emotional Health Skills. In fact, most of us learned to neglect/avoid painful emotions at all costs, to suppress our anger, shame our sadness, fear our anxiety, etc. Although it is common to automatically neglect our emotional-being, it is detrimental to our overall well-being and self-worth.

Emotional Self-Neglect stems from Childhood Emotional Neglect (CEN, a term adapted from Jonice Webb, PhD. It is a learned in childhood, making it deeply embedded in our way of thinking, feeling, behaving and relating. CEN, unlike abuse, is invisible, making it harder to detect and even harder to resolve.

Mindful Self-Compassion and Emotional Health Skills are key to resolving CEN, as you connect with yourself the way yourself needs you to. It is a human need.



## WHAT IS CHILDHOOD EMOTIONAL NEGLECT (CEN) ACCORDING TO DR. WEBB

- Failure to notice enough, attend to, or respond appropriately to a child's feelings
- Typically unintentional and due to parents' lack of Emotional Health Skills
- Transgenerational, a way living and behaving passed down through generations
- Because it's an act of omission, it's not visible, noticeable or memorable
- It's the empty space in the family picture, it's in the background, invisible.
- It's insidious, overlooked, causing silent damage to people's lives and self-worth
- When emotions are not validated as children, we have difficulty knowing and trusting our own emotions as adults - we even lose trust in ourselves
- Results in feeling disconnected, unfulfilled, chronic loneliness or emptiness
- Difficulty feeling lovable, worthy, trusting, or feeling that others are reliable
- Permissive parenting is also CEN, a failure to give consistent structure, rules to live by, consequences, and discipline, results in struggle with healthy self-discipline
- Unlike abuse, CEN leaves no childhood memories to explain the difficulties
- So, too often, we blame ourselves, resulting in a berating Inner Critic and/or permissive Inner Enabler, and perpetuating more Emotional Self-Neglect

**"Becoming aware of my CEN has hit the nail on the head for me. This is the missing piece that I've been searching for."**

Confidential Client

### SIGNS OF SELF-NEGLECT STEMMING FROM CHILDHOOD EMOTIONAL NEGLECT (CEN)

Adapted from Jonice Webb, PhD, author of *Running on Empty: Overcome Your Childhood Emotional Neglect*

I tend to judge myself more harshly than I judge others

I pride myself on not relying on others much, if at all, or I have difficulty asking for help (and trusting them to help)

I am depressed, have high anxiety, or have been diagnosed with an anxiety disorder, mood disorder, OCD or AD(H)D

Friends and/or family have mentioned I'm tough, aloof, distant, controlling or too independent

I feel like I haven't found my true purpose in life

The thought of disappointing a boss, parent, or partner triggers a lot of anxiety or resentment

Secretly, I feel like an impostor, a fraud, or almost like I'm a chameleon to fit-in where I need to

I often feel like I'm not 'enough'

Sometimes I feel like I don't belong with my family or friends, as if I'm an outsider

I tend to feel irritable or unhappy for no apparent reason

I compare myself to others frequently and often find myself lacking

I find it easier to love and care about animals than people

I have trouble knowing what I'm feeling or why I feel the way I do

I believe emotions get in the way of accomplishing goals and overall success

It's possible I value the approval of others more than I value my own approval of myself

I'm not sure if I have healthy boundaries or not

Emotions tend to overwhelm me or I feel like my emotions are bigger or like I'm more sensitive than others

Sometimes I feel like I'm on the outside looking in or I feel empty inside

I struggle with self-discipline, even though I know I need to set limits on my behaviors

I question my instincts instead of trusting that I feel the way I do for a reason

I feel there's something wrong with me, but I'm not sure what it is

It's difficult for me to simply be in the present moment and enjoy the calm and peace

I tend to be either excelling in life or procrastinating (or falling apart)

I have a lot of compassion for others, but not much for myself

The more checkmarks you have, the more likely Childhood Emotional Neglect (CEN) is affecting your life.

Save this worksheet before clicking on the link to learn more about CEN: <https://drjonicewebb.com>