

Have You Been Emotionally Neglected?

The following are some signs to help you determine if you've been emotionally neglected as a child:

- You pride yourself on being independent and not relying upon others.
- You find it difficult to ask for help.
- You tend to isolate yourself from others.
- You often feel like you don't belong when you're with your family or friends.
- You often feel uncomfortable in social situations.
- Friends and family complain that you are distant or aloof.
- You tend to judge yourself more harshly than you judge others.
- You often feel unhappy for no apparent reason.
- You have trouble naming your feelings.
- You have trouble calming yourself.
- You feel there's something wrong with you.
- You often feel empty inside.

Notes:

Identify and Name Your Emotions

Identifying and naming your feelings takes something from the inside and puts it on the outside. This alone reduces the intensity of the emotion and brings more control and clarity.

Naming your feelings can sound like:

- “I feel upset,”
- “I am frustrated,”
- “I felt hurt when you said that.”

Step 1: Close your eyes. Focus all of your attention on your breathing, turning your attention inward.

Step 2: Ask yourself the question: “What am I feeling right now?”

Focus on your physical sensations (heaviness in the chest, headache, muscle tension, stomach pain, rapid breathing, dizziness, sweating palms, etc.) and try to identify the feeling that triggered this physical sensation.

If you’re having difficulty identifying any feelings, skim through the Feeling Word List in the Resources at the end of these worksheets.

Step 3: Try to figure out why you are feeling that way. Ask yourself: “Why would am I feeling _____ right now?”

If you find it difficult to figure out the reason behind your feelings, Use the following questions to further reflect on them:

- “What is going on in my life right now that might make me feel _____”

- “Has something happened recently that could make me feel _____”

- “Has something troubling from the past been brought back up by recent events?”

- “Is this feeling familiar to me? Have I felt this_____before? If so, what happened in the past that have triggered this feeling?”

If you still find it difficult to reflect on the reasons behind your feelings, practices such as meditation and mindfulness can help you build the internal focus skills you need here.

Feelings Record

Record your feelings every day for a week, three time a day:

Monday	Morning	
	Afternoon	
	Night	
Tuesday	Morning	
	Afternoon	
	Night	
Wednesday	Morning	
	Afternoon	
	Night	
Thursday	Morning	
	Afternoon	
	Night	
Friday	Morning	
	Afternoon	
	Night	
Saturday	Morning	
	Afternoon	
	Night	
Sunday	Morning	
	Afternoon	
	Night	

FEELINGS WORD LIST

Happiness

Adored
Alive
Appreciated
Cheerful
Ecstatic
Excited
Glad
Grateful
Hopeful
Joyful
Loved
Merry
Optimistic
Playful
Pleased
Satisfied
Tender
Thankful
Uplifted
Warm

Anger

Amazed
Accused
Aggravated
Agitated
Angry
Annoyed
Bitter
Contemptuous
Cross
Defensive
Exacerbated
Frustrated
Furious
Hostile
Impatient
Infuriated
Insulted
Jealous
Offended
Outraged
Rebellious
Resistant
Scorned
Spiteful

Sadness

Alone
Blue
Burdened
Defeated
Depressed
Devastated
Disappointed
Discouraged
Dismayed
Grief-stricken
Gloomy
Heartbroken
Hopeless
Hurt
Let-down
Lonely
Melancholy
Miserable
Neglected
Pessimistic
Remorseful
Resentful
Sympathetic
Unhappy

Fear

Afraid
Alarmed
Anxious
Cautious
Dreadful
Fearful
Frightened
Haunted
Helpless
Hesitant
Horrificed
Insecure
Lost
Mortified
Nervous
Petrified
Puzzled
Reserved
Sheepish
Tearful
Tense
Threatened
Uneasy
Uncomfortable

Surprise

Amazed
Astonished
Curious
Delighted
Enchanted
Exhilarated
Impressed
Incredulous
Inquisitive
Playful
Replenished
Shocked
Startled
Stunned
Surprised

Disgust

Ashamed
Embarrassed
Exposed
Guilty
Ignored
Inadequate
Incompetent
Inept
Inferior
Inhibited
Insignificant
Sick
Squashed
Stupid
Ugly
Unaccepted