

Emotional Neglect Self-Check Worksheet

This self-check worksheet is designed to help you reflect on your emotional experiences and identify potential signs of emotional neglect whether from your childhood, relationships, or recent experiences. Awareness is the first step toward healing.

Check all that apply or resonate with you.

- ☐ I often feel like my emotions are too much or a burden to others.
- ☐ When I was upset as a child, I was told to stop crying or to 'get over it.'
- ☐ I have a hard time identifying or expressing my emotions.
- ☐ I tend to minimize my feelings or invalidate them.
- ☐ I feel uncomfortable when someone shows me genuine care or concern.
- ☐ I grew up in an environment where achievements were praised, but emotions were ignored.
- ☐ I feel emotionally numb or disconnected, especially in close relationships.
- ☐ I often take care of others' needs but feel guilty when I focus on my own.
- ☐ I feel like I don't really know who I am or what I want.
- ☐ I struggle to trust people with my emotional vulnerabilities.
- ☐ I was rarely comforted when I was emotionally distressed.
- ☐ I often feel unseen, unheard, or misunderstood in my relationships.

Reflection:

What patterns do you notice in your responses?

Have you experienced emotional neglect from a caregiver, partner, or another close relationship?

How might these patterns be affecting your current relationships or sense of self?

Next Steps:

If many of these statements resonated with you, know that you are not alone. Emotional neglect is often invisible, but its impact is real.

Consider:

- [Listening to the 'Reclaim Your Power' podcast](#)
- [Scheduling a Relationship Reframe Call](#)
- Exploring journaling, self-compassion exercises, or 1:1 coaching

You are worthy of being seen, heard, and supported.