

Emotional Neglect Questionnaire

Do You:

1. Sometimes feel like you don't belong when with your family or friends?
2. Pride yourself on not relying upon others?
3. Have difficulty asking for help?
4. Have friends or family who complain that you are aloof or distant?
5. Feel you have not met your potential in life?
6. Often just want to be left alone?
7. Secretly feel that you may be a fraud?
8. Tend to feel uncomfortable in social situations?
9. Often feel disappointed with, or angry at, yourself?
10. Judge yourself more harshly than you judge others?
11. Compare yourself to others and often find yourself sadly lacking?
12. Find it easier to love animals than people?
13. Often feel irritable or unhappy for no apparent reason?
14. Have trouble knowing what you're feeling?
15. Have trouble identifying your strengths and weaknesses?
16. Sometimes feel like you're on the outside looking in?
17. Believe you're one of those people who could easily live as a hermit?
18. Have trouble calming yourself?
19. Feel there's something holding you back from being present in the moment?
20. At times feel empty inside?
21. Secretly feel there's something wrong with you?
22. Struggle with self-discipline?

From *Running on Empty: Overcome Your Childhood Emotional Neglect* by Jonice Webb, PhD