

Signs of Emotional Neglect

A check-list to help you identify if you have experienced emotional neglect.

- When you shared your feelings, you were told you weren't feeling that
- You were punished or criticized when you felt certain emotions
- People didn't notice when you tried to express emotions (ie ignored you when you were crying)
- When you shared how you felt, you were told you were being dramatic or that "that didn't happen"
- When you sought out comfort, you were pushed away or rejected
- You often weren't listened to or were ignored
- Requests for support were met with criticism or anger