

Keep track of how many questions you answer YES to and add them up at the end.

Do You...

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

Look back over your YES answers. These answers give you a window into the areas in which you may have experienced Emotional Neglect as a child. The more questions you answered "Yes", the more likely CEN has affected your life.