

Childhood Emotional Neglect Questionnaire

Name: _____ Age: _____

Gender: _____ Date: _____

Answer **yes** or **no** to each question. These answers give you a window into the areas where you may have experienced emotional neglect as a child. Do you...

Statements	Yes	No
1. Sometimes feel like you don't belong when with your family or friends?		
2. Pride yourself on not relying upon other?		
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?		
	Total score:	

Scoring

- Get the total score by summing the number of **Yes** responses.
- Each **Yes** answer indicates a potential area of emotional neglect during childhood.
- The more **Yes** answers, the higher the likelihood that childhood emotional neglect has impacted the individual.

Reference

Webb, J. (2018). *Emotional neglect questionnaire*. Dr. Jonice Webb.
<https://drjonicewebb.com/emotional-neglect-questionnaire/>