

# CEN Questionnaire

Answer YES or NO to each question. 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.

Do You...

- |   |     |    |
|---|-----|----|
| 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 |

