Signs of 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

@ceciletuckercounselling
ceciletucker.com