

CEN Recovery Blueprint



Dr. *Jonice Webb*



Before You Read

This *CEN Recovery Blueprint* is loaded with information, and I know you're excited to start reading through it. But, you'll get MUCH more out of it if you use it to follow along with the CEN Recovery Blueprint video.

In the video, I walk through the entire Blueprint and go into a lot more detail that will help explain what you're seeing in this PDF. Go check out the video now: drjonicewebb.com/boundariesvideos

Dr. Jonice Webb

Welcome to the **CEN Recovery Blueprint**

This is the full CEN Recovery process condensed and organized in one PDF so you can see it in just a few pages.

It took me 30 years of searching to realize that my emotions were important and that I needed to pay attention to them and work through them to feel happier in my life. Once I made that realization, I then had a path forward to heal.

I got a PhD in Psychology, and went through intense therapy myself for several years with a therapist who showed interest and concern about my feelings and emotions. Then I started tuning into myself. And I started getting more insight and awareness of what I was doing and I started making better decisions.

I moved to the right part of the country for me, and made an effort to connect with the kind of people who cared about me and my needs too. And I finally married the right guy. It has been a long and challenging journey, but getting in touch with my own emotions, and listening to what they told me is what finally drove me in the right direction.

Even after all that, parenting my children required me to get in touch with myself on an even deeper level. And so I, of all people, understand how emotions, which seem so obvious and natural to so many people, can be a person's greatest obstacle and challenge in life.

Now, one of the things I want to help you achieve today is learning the steps to healing from CEN yourself.

Let's get started.

CEN Recovery Overview

Almost everyone realizes that what happens to us in childhood has an effect upon who we become as adults. The good and the bad: awards, accomplishments, mistreatment or abuse. It all has an impact.

But there is another factor from childhood which has an equal or even greater effect than childhood *events*, like awards, mistreatment or abuse. This is a factor that people can't see or remember. It's invisible. I call it **Emotional Neglect**.

Emotional Neglect is a parent's failure to respond *enough* to a child's emotional needs. **Emotional Neglect** is, in some ways, the *opposite* of mistreatment and abuse. Whereas mistreatment and abuse are parental *acts*, Emotional Neglect is a parent's *failure to act*. It's a failure to notice, attend to, or respond appropriately to a child's feelings. Because it's *an act of omission*, it's not visible, noticeable or memorable.

Emotional Neglect is the white space in the family picture; the background rather than the foreground. It is insidious and overlooked while it does its silent damage to people's lives.

Children who are emotionally neglected then grow up to have a particular set of struggles. Because their emotions were not validated as children, they may have difficulty knowing and trusting their own emotions as adults. They may have difficulty understanding their own feelings, as well as others'.

When you grow up emotionally neglected, because an important part of yourself (your emotional self) has been denied, you may find yourself feeling disconnected, unfulfilled or empty. You may have difficulty trusting or relying upon others. You may feel, deep down, that you are different from other people; like something is wrong with you, but you are likely not sure what it is.

Another way that parents can unwittingly emotionally neglect their child is to fail to give him the structure and rules to live by, like consequences and discipline. As a result you, the child, are more likely to struggle with self-discipline as an adult.

If your parents failed you emotionally in subtle ways, since the emotionally neglected have few childhood memories to explain their difficulties, you have probably been blaming your struggles on yourself for years.

All your life, you have been living under an invisible cloud that's been coloring your world gray without your knowledge. But once you become aware of what failed to happen for you in your childhood, a wonderful door has opened for you in your life.

My goal is to shine a light on this powerful but invisible force from your past. To give you the words to talk about it, and to offer an explanation to you, and to the scores of people like you, who are suffering in silence, wondering what is wrong with them.

4 Steps to CEN Recovery

CEN Recovery Process

Become aware of your CEN

- CEN Definition - A parent's failure to respond enough to the child's emotional needs
 - It happens when you parent doesn't notice enough when you are upset, you need soothing, guidance or support.
- Take the CEN Questionnaire to know if you have it
- Reflect on how CEN shows up in your life
- Take your own feelings seriously and realize that they do matter

Break down your wall

- Visualize your wall
- Recognize how it protected you in childhood
- Recognize how it harms you now
- Recognize the value on the other side of the wall
- Pause, tune in and identify your feelings

Learn skills to handle emotions

- Listen to what your emotions are telling you
- Tolerate your emotions
- Understand what they mean and manage them
- Share your emotions with others
- Feel more connected with yourself and your own needs

Improve your relationships

- With your children
 - Become more aware of your children's feelings
 - Change your children's behavior by attending to their feelings
 - Teach your children how to manage, express and use their emotions
 - Make sure you don't pass your CEN on to your child
- With your significant other
 - Share your needs and desires in the relationship
 - Become more comfortable being vulnerable with each other
 - Manage conflict in a way that is both compassionate and assertive
 - Build a deeper emotional connection
 - Show your vulnerability
- With your friends
 - Deepen your relationships with people you care about
 - Express your wants, needs and feelings more in your friendships
 - Accept that you matter
 - Even up the "one down" position you often feel in your friendships

Concerns You Might Have

“I had a great childhood. Nothing bad ever happened to me as a child.”

Emotional Neglect happens in the best of families, even loving, caring ones. It's not anything bad that happens to you, it's something vital that fails to happen for you. It still has the power to hang over you for your entire life.

Some of you might have had bad things happen in your childhood, and truthfully, if you were traumatized by them, that may have covered up your CEN making it that much harder to realize you have it.

“I've had CEN my entire life and I don't think I can change my old habits.”

It is never, ever, ever too late to heal. Healing from CEN happens in increments. And every step you take affects the very core of your being, the way you treat yourself and feel in your own skin. Every step changes you one day at a time. It is only too late if you decide you don't want to heal.

Just as you cannot un-bake a cake, once you're aware of your CEN, it is hard to go back. The key is to try your best to stay on the path of noticing what you're feeling. You will veer off at times, but what matters is to get yourself back to it without being too harsh on yourself.

“How do I know I am on the right path towards healing?”

Change happens in small moments when you notice yourself doing something different or feeling something different than you know you would have in the past.

This requires two things. First you have to keep working on your CEN and never give up. The key is to try your best to stay on the path of noticing what you're feeling. You will veer off at times, but what matters is that you get yourself back to it without being too harsh on yourself. And second, pay attention. Some forward jumps may be big, but most will be small-but-significant.

“I have kids, and I work. It would be selfish to invest so much of my limited time in myself.”

This is the old message you absorbed as a child, and it has worked against you all these years. It is the voice of your CEN, holding you back from the true fulfillment and happiness that you have always deserved.

There is a tremendous difference between “self-care” and “selfish.” I have seen many people with CEN begin to value themselves more, and express their wants, needs and feelings. And not one single person has become selfish.

Your children will benefit tremendously from having a happy, fulfilled parent who speaks her truth. After all, you will be setting a healthy example for them, teaching them how to treat themselves. Defeating your own CEN is the only way to make sure you do not pass it down to your children. There is nothing selfish about that!

“The hardest part is convincing myself that CEN even happened in the first place.”

You are in the classic bind of the CEN person. Most likely you have been doubting yourself in many ways throughout your life, and your own feelings and experience are no exception. This doubting of yourself has gotten in your way in multiple ways, no doubt. Making a commitment to work toward healing your CEN is a powerful way to show trust in yourself and finally take your emotional needs seriously.

Accepting that your parents failed you emotionally does not mean that you have to blame them. They probably parented you as they were parented themselves, which is only natural. You now have the opportunity to be armed with knowledge and understanding that they never had. You can take this on and make a tremendous difference for yourself and future generations.

“I’m wondering if I actually need to change at all.”

If you are happy as you are, then you are fine. But you are reading about CEN, which tells me you are not as fine as you want to believe. All positive change involves taking a step forward, and that can be scary. But I have never met a person who regretted going through CEN recovery. The key is to do it one step at a time, taking each step when you are ready. The rewards are so great that they over-fill the space left by the negative things you’re leaving behind.

So there you have it— the CEN Recovery Blueprint

This is the exact formula I've used to help hundreds of people for over two decades recover from their CEN. And those people have gone on to have more fulfilling relationships with their significant others, their children, their friends, and most importantly, themselves.

It's my sincere wish that this Blueprint and the training videos have given you a new perspective on *how* to recover from CEN and lead a more fulfilling life.

So now that you have this information in your hands, it's up to you to decide what to do with it. You've seen how CEN Recovery can impact the lives of others and the results others have received from doing the work. And now you've seen the Blueprint to follow to go through your own CEN Recovery process.

You now have everything you need to take the guesswork out of recovering from CEN for good and put the control back in your hands. And if you want the king of life where you feel connected with yourself, the Blueprint shows you the way forward.

Now I know that some people will take the information from the videos and the Blueprint and get started with their CEN recovery process right away.

Other people may realize that they want to go all-in, and have the accountability, support, and step-by-step guidance to do the CEN Recovery process.

In a few days, I'll be opening up the **Fuel Up For Life** program. It'll only be open for a few days, and then we'll get started right away with step 1 of the CEN Recovery process. Once registration opens, you'll need to act quickly, so watch your email over the next few days for all the details about how you can join us inside the Fuel Up For Life program.

In the meantime, for a limited time you can access the free training videos at

drjonicewebb.com/boundariesvideos