

CEN Worksheet For Stage 1

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EmotionalNeglect.com**

- 1. Describe a typical day in your childhood in as much detail as possible. Choose any age you'd like. As you go through the day, make a special point to think about what feelings you had at the time.**
- 2. Tell a story about a time your parents supported you through a difficult time. How did they support you?**
- 3. Describe a time when you felt one or both of your parents truly understood you. Were you surprised at the time?**
- 4. Did one or both of your parents use emotion words like "sad," "angry," "hurt," or "afraid," for example, very often or at all?**
- 5. Can you remember a time when you really needed your parents, and they were not there for you? Note: The reason is irrelevant in this exercise.**
- 6. Go through the Emotions List in the back of Running On Empty with your own childhood in mind and highlight the words that seem to fit it. Do not overthink it. Rely on your hand to know which words to highlight. You can go back and try to process it later.**
- 7. Read through the 10 Characteristics of the CEN Adult in the book Running On Empty: Overcome Your Childhood Emotional Neglect, Chapter 3: The Neglected Child, All Grown Up. Write down a list of the ones that you identify with as a problem in your own life.**
- 8. Now go back through your answers to Questions 1-6 and try to connect your childhood memories, experiences and feelings with the CEN struggles you identified in your answers to Question 7. Can you connect them?**