My Emotional Neglect Map

Emotional neglect is about what was missing. Noticing it is understanding, not blame.

Name: _____ **Date:** _____

1 What was often missing

Tick what was rarely there for me growing up. Many families had some of these, not all

- [ ] Someone noticed when I was upset
- [ ] I was comforted when hurt or scared
- [ ] I felt important to someone
- [ ] I was valued for me, not only results
- [ ] Someone asked how I felt
- [ ] Feelings were talked about at home
- [ ] I could bring a problem to an adult
- [ ] My sadness or anger was allowed

People who did meet some needs (relative, teacher, friend): _____

2 How it may show up now

Tick what sounds familiar. These are common patterns, not proof of anything

- [ ] It is hard to name what I feel
- [ ] Asking for help feels wrong
- [ ] Other people's needs come first
- [ ] I am harder on myself than others
- [ ] I often feel empty or flat
- [ ] I feel different or on the outside
- [ ] I handle everything alone
- [ ] Closeness feels uncomfortable

The one that costs me most today: _____

3 The rule I learned, and what I need now

A rule that made sense then may not fit my adult life

The rule I learned	What I need now
e.g. "Do not be a bother."	e.g. "My needs can take up space."

4 Feelings I rarely name

Circle the words that feel unfamiliar, off limits or hard to say out loud

sad · lonely · hurt · angry · scared · ashamed · proud · excited · jealous · disappointed · relieved · tender · overwhelmed · grateful · embarrassed · hopeful · resentful · content

A feeling I want to get better at noticing: _____

Where I feel it in my body when it shows up: _____

How feelings were handled at home (ignored, fixed, punished, other): _____

Someone I could practice saying feelings with: _____

Original layout by Lotus & Tulip. A reflection and practice tool, not a test or a diagnosis.

Free printable from Lotus & Tulip · lotustulip.com/emotional-neglect-worksheet.html

My Feelings and Needs Practice Plan

Skills nobody taught me can still be learned now, one small step at a time.

Name: _____ **Date:** _____

1 My 7 day feelings and needs log

Once a day: what happened, one or two feeling words, how strong (0 to 10), what I needed

Day	What happened	Feeling words	0 to 10	What I needed
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

2 One need, one ask

Start small and with someone who has been safe and kind before

A need I usually hide or play down: _____

One safe person I could tell or ask: _____

What I will say (one sentence): _____

How it went, and how I felt afterwards: _____

3 Caring for myself the way I needed

What a caring adult might have said or done, offered by me to me

When I notice I am upset, a kind thing I can say to myself: _____

Something soothing I can do for 10 minutes: _____

Something I enjoy just for me, this week: _____

Someone I can reach when it is too much to hold alone: _____

For therapists and clients

1. Childhood emotional neglect is a description of an experience, not a formal diagnosis.
2. This is about understanding, not blame. Many parents could not give what they never received.
3. Go at your own pace. If memories bring strong distress, pause and work with a trained therapist.
4. Naming a feeling is a skill. Rough words are fine and the list grows with practice.
5. Therapists: pace this work with grounding and stabilization skills, and check for depression and suicide risk.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

Original layout by Lotus & Tulip. A reflection and practice tool, not a test or a diagnosis.

Free printable from Lotus & Tulip · lotustulip.com/emotional-neglect-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Trauma Worksheets for Therapists, stabilization, grounding and safety pages

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607359387 | instant digital download

See every page first: lotustulip.com/trauma-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.