A PAUSE, A PRACTICE, A NEXT STEP

Emotional Neglect

Needs can matter even when they were overlooked.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may find it hard to name feelings, ask for comfort, or believe your needs matter. These experiences can have several explanations and deserve careful attention.

01 / Notice and reflect

What feeling can I name without judging it?

02 / Notice and reflect

What kind of response would feel supportive?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support for ongoing distress or relationship difficulties. If a child’s needs or safety are currently at risk, contact an appropriate protective professional.

Read more: CDC · Child abuse and neglect

More tools and immediate support: Our Healing Room / Crisis Support.