MINDTHEORY

Emotional Neglect:
Understanding & Healing CEN

Same heart. New understanding. Healthier you.



1 Omission vs Commission

Emotional neglect isn't always about harm.
Sometimes, it's about what didn't happen.



Omission

When emotional needs are ignored, dismissed or overlooked.

- No emotional availability
- Lack of validation
- Absence of comfort or support



Commission

When a child is actively shamed, criticized, or exposed to harm.

- Verbal or emotional abuse
- Constant criticism
- Manipulation or control

2 Key Adult Signs

The effects of CEN can show up in subtle, lasting ways — even without a single 'big' trauma.

Counter-dependence
Always strong, independent and avoids asking for help.

Emotional Numbness
Feels disconnected from own feelings and others.

Alexithymia
Difficulty in identifying and expressing emotions.

Perfectionism
Sets unrealistically high standards to feel 'enough'.

People-Pleasing
Seeks approval, often at the cost of own needs.

Chronic Loneliness
Feels alone, even in a crowd.

3 3-Step Practical Healing Actions

Healing CEN isn't about forgetting the past — it's about giving yourself what you never got.

1 I.A.A. Technique
Identify • Allow • Accept

Notice what you feel, allow it without judgment, and accept your truth.

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2 Needs Audit

Understand what you needed then — and what you need now.
(Safety • Love • Validation • Connection)

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3 Reparent Yourself

Offer the care, validation and support you needed as a child — now, as an adult.

Daily Self-Attunement Checklist

Small moments. Big shifts.

- [ ] 1. **Pause** and check in — What do I feel right now?
- [ ] 2. **Name my need** — What do I actually need in this moment?
- [ ] 3. **Show up for myself** — What would I say or do to a younger me?