

CEN SYMPTOMS

Checklist

Although everyone's experience with CEN is different, there are some common signs that stem from this experience, which are listed to the left. Go through the list and put a check mark next to the signs that resonate with you.

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“What didn't happen is just as important as what did happen”

- Feelings of emptiness
- Often feel like I don't belong anywhere
- Difficulty naming, expressing, and coping with my feelings
- Intense feelings of guilt/shame
- Difficulty identifying likes/dislikes, wants/needs, or strengths
- Counter-dependence
- Struggle to remember much of your childhood
- Low self-compassion, high compassion for others
- Difficulty with self-discipline and follow through
- Self-doubt
- Fatal flaw ("if people really knew me, they wouldn't like me")
- Difficulty nurturing/comforting others
- Low self-confidence/insecurity
- Self-directed anger/blame
- Unrealistic self-appraisal
- Often feel sad, irritable, anxious, or angry for "no apparent reason"
- Difficulty making decisions
- Difficulty connecting with others/making friends

