

Understanding Complex Trauma 14 - Neglect Trauma Pt 1

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Video <https://bit.ly/tfComplexTrauma14vid>

Notes <https://bit.ly/tfComplexTrauma14>

Full Link <https://www.youtube.com/live/IHXHfeNissE>

Neglect Trauma

- a) Little “T” Trauma - the hardest trauma to understand - subtle, hard to quantify ; and hard to believe it could do much damage
 - i) Big “T” - when bad things happen to you
 - ii) Little “t” - when good things don’t happen to you (Things that should happen to you- needs that should be met) a trauma of absence
- b) This is usually the **neglect of emotional needs**, not physical needs
The importance of attachment is paramount
(insecure attachment is a form of complex trauma)
8 A’ of emotional needs are not met consistently
Damage is not immediately apparent but shows up over a long time
- c) It is connected to whether or not a child could form secure emotional attachment at every stage of life
 - i) Did they feel safe to be authentic, vulnerable?
 - ii) Were they able to connect on a regular basis and share from a deep, real place?
 - iii) Were they totally accepted?
 - iv) Were they appreciated and validated and nurtured?
 - v) Were they allowed to follow their passions - who they were?

Book Recommendation “Running on Empty”- overcoming your childhood emotional neglect - by Jonice Webb

1 Three essential emotional skills in parents

- a) The parent feels an emotional connection to the child
- b) The parent pays attention (attuned to) to the child and sees him as a unique and separate person (autonomy) rather than an extension of themselves, a possession or a burden
- c) Using that emotional connection and paying attention, the parent responds competently to the child’s emotional needs
Key - not quantity, but using the time you have to meet their emotional needs

10 Characteristics of Adults who experience emotional neglect:

1. Feelings of Emptiness - results in restlessness, deep discontent, a feeling that something is missing - they are running from feeling the emptiness
 - Signs and Signals of Emptiness
 - i) At times, you feel physically empty inside
 - ii) You are emotionally numb
 - iii) You question the meaning or purpose of life
 - iv) You have suicidal thoughts that seem to come out of nowhere
 - v) You are a thrill-seeker
 - vi) You feel mystifyingly different from other people
 - vii) you often feel like you're on the outside looking in
 - viii) You feel a deep discontent
 - ix) you have trouble sitting quietly with yourself
2. Counterdependence - drive to need no one; fear of being dependent; fear of being a burden and so striving to be self-sufficient
 - a. It is feeling that you must always be strong for others, and it is OK for them to depend on you; but you can never show weakness around others
 - b. Any needs that you can't meet yourself are seen as weakness
 - Signs of Counter-Dependence
 - i) You prefer to do things yourself
 - ii) It's very hard to ask for help
 - iii) You've had feelings of depression but you don't know why
 - iv) You have inexplicable, longstanding wishes to run away or simply be dead
 - v) You remember your childhood as lonely, even if it was happy
 - vi) Others describe you as aloof; loved ones complain you are emotionally distant
 - vii) You're not comfortable in close relationships
3. Unrealistic self-appraisal - "should" ; strong inner critic; narcissistic picture of self; deep shame beliefs
 - Signs of Unrealistic Self-Appraisal
 - i) It's hard to identify your talents
 - ii) You sense that you may tend to over-emphasize your weaknesses
 - iii) It's hard to say what you like and dislike
 - iv) You're not sure what your interests are
 - v) You give up quickie when things get challenging
 - vi) You chose the wrong career or changed several times
 - vii) There is a critical voice inside your head, pointing out your errors and flaws
 - viii) You often feel like a "square peg in a round hole" - that you don't belong
 - ix) You're unsure what your parents think (or thought) of you

4. No compassion for self, plenty for others
 - Signs of Inadequate Compassion for Self
 - i) Others often seek you out to talk about their problems
 - ii) Others often tell you that you're a good listener
 - iii) You have very little tolerance for your own mistakes
 - iv) There is a critical voice inside your head, pointing out your errors/flaws
 - v) You're much harder on yourself than you are on others
 - vi) You often feel angry with yourself
5. Guilt and shame
6. Self-directed anger and blame
 - a. Fueled by shame - hating self
 - b. Fueled by false guilt - thinking everything that goes wrong is your fault
7. The fatal flaw - "If people really knew me, they wouldn't like me."
 - Signs of the Fatal Flaw
 - i) You fear getting close to people
 - ii) It's hard to open up to even your best friends
 - iii) You tend to expect rejection around every corner
 - iv) You avoid initiating friendships
 - v) It can be hard for you to keep conversations going
 - vi) You feel that if people get too close to you, they won't like what they see
8. Difficulty nurturing self and others
 - Signs of Difficulty Nurturing Self and Others
 - i) People sometimes tell you that you come across as distant, or maybe cold
 - ii) People sometimes think you're arrogant
 - iii) You often think others are too emotional
 - iv) Others come to you for practical advice, but not emotional support
 - v) You feel uncomfortable when someone cries in your presence
 - vi) You are uncomfortable crying yourself, especially in the presence of another
 - vii) You don't like the feeling that someone really needs you
 - viii) You don't like feeling needy
9. Poor self-discipline
 - Signs of Poor Self-Discipline
 - i) You feel that you are lazy
 - ii) You're a procrastinator
 - iii) You have great difficulty with deadlines
 - iv) You tend to overeat, drink too much, oversleep or overspend
 - v) You are bored with the tedium of life
 - vi) You tend to avoid mundane tasks
 - vii) You get angry at yourself for how little you get done

- viii) You're an underachiever
- ix) You're often disorganized, though you know you have capacity to do better

10. Alexithymia - poor awareness and understanding of emotions

- Signs and signals of Alexithymia
 - i) You have a tendency to be irritable
 - ii) You are seldom aware of having a feeling
 - iii) Emotions are experienced in you as physical symptoms - pain in body
 - iv) You are often mystified by others' behavior
 - v) You are often mystified by your own behavior
 - vi) When you do get angry, it tends to be excessive or explosive
 - vii) Sometimes your behavior can seem rash to yourself and others
 - viii) You feel that you are fundamentally different from other people
 - ix) Something is missing inside of you
 - x) Your friendships lack depth and substance
 - xi) unmotivated
 - xii) Loner, Isolator
- Notes:
 - a) Neglect Trauma may seem insignificant, but the damage it does is severe and far reaching
 - b) One of the unfortunate aspects of Emotional Neglect is that it's self-propagating. Emotionally neglected children grow up with a blind spot about emotions, their own as well as those of others. When they become parents themselves, they're unaware of the emotions of their own children, and they raise their children to have the same blind spot

2. Healing from Neglect Trauma

- a) Acknowledge instead of avoid
 - i) Accepting that you have been neglected is the first step to overcoming Neglect trauma
 - ii) Note: This is not you trying to blame your parents or saying that they were terrible parents. This is you understanding the effect that neglect had on you
- b) Do not blindly blame yourself - self-compassion
- c) Learn healthy attunement and attachment - start with learning how to be attuned and attached to yourself.
- d) Expect to go through the Stages of Grief - Shock, anger, depression, confusion (why?) bargaining, acceptance
- e) Know your triggers
- f) Get help - program, therapist, support group
