

## EMOTIONAL DEPRIVATION CORE BELIEF SELF-ASSESSMENT

Emotional deprivation is another partner in crime with the abandonment core belief. If you grew up in an environment where you didn't receive emotional support, attention, affection, guidance, and understanding, then emotional deprivation is probably one of your core beliefs.

Rate the following statements using the scale below:

1 = completely untrue of me

2 = mostly untrue of me

3 = slightly more true than untrue of me

4 = moderately true of me

5 = mostly true of me

6 = describes me perfectly

\_\_\_\_\_ 1. I need more love than I get.

\_\_\_\_\_ 2. No one really understands me.

\_\_\_\_\_ 3. I am often attracted to cold partners who can't meet my needs.

\_\_\_\_\_ 4. I feel disconnected, even from the people who are closest to me.

\_\_\_\_\_ 5. I have not had one special person I love who wants to share him/herself with me and cares deeply about what happens to me.

\_\_\_\_\_ 6. No one is there to give me warmth, holding, and affection.

\_\_\_\_\_ 7. I do not have someone who really listens and is tuned in to my true needs and feelings.

\_\_\_\_\_ 8. It is hard for me to let people guide or protect me, even though it is what I want inside.

\_\_\_\_\_ 9. It is hard for me to let people love me.

\_\_\_\_\_ 10. I am lonely a lot of the time.

\_\_\_\_\_ Total Score

Add up the points from each statement to get your total score.

10–19: Very low. This core belief probably does not apply to you.

20–29: Fairly low. This core belief may apply only occasionally.

30–39: Moderate. This core belief is an issue in your life.

40–49: High. This is definitely an important core belief for you.

50–60: Very high. This is a powerful core belief for you.

**Note:** If you have a low score but you have at least one statement that you rated a 5 or 6, then this core belief is an issue in your life.

If you feel like this core belief is significant to your life but your score was lower than you expected, then you might want to consider some of the following childhood situations that could have contributed to your feelings:

- You felt less loved than a sibling or siblings.
- Your parents were such a tight unit that you felt left out.
- You felt different than the rest of your family (“I always wondered if I was adopted”) so you felt less understood or loved.
- You might have felt different from your peers and lacked the friend connections that happen in childhood and adolescence.
- You were made to feel like the needs and feelings of others were more important than yours.
- Your feelings or experiences weren’t valued or validated.