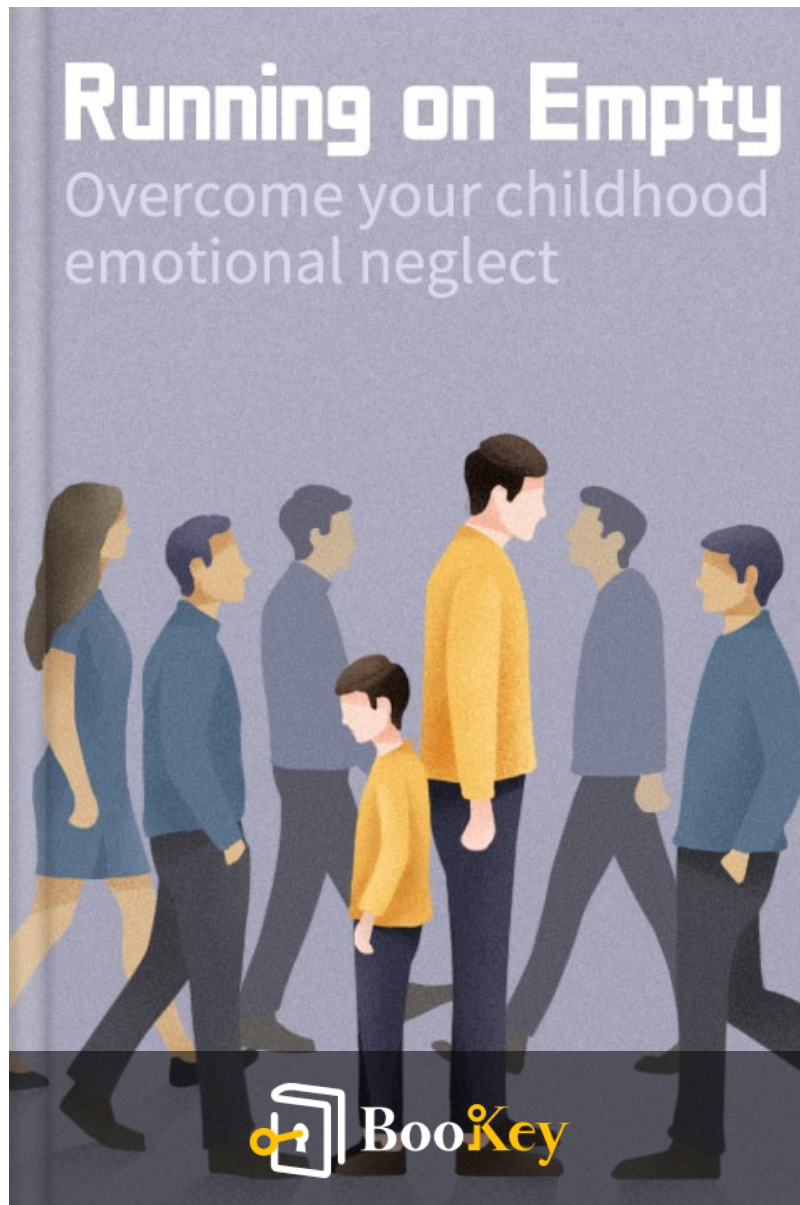


Running on Empty PDF

Jonice Webb



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About the book

Running on Empty: Overcome Your Childhood Emotional Neglect is a revolutionary book that defines "Childhood Emotional Neglect" by detailing how a lack of parental emotional feedback in childhood directly impacts their psychological state as adults. It discusses the relationship between parenting styles and the formation of children's personality. This book will help us to understand emotional neglect and assist those who have suffered from it to overcome its effects; finally leaving the emotional vacuum to rebuild emotional connections with those around them.

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About the author

Jonice Webb is a pioneer in the field of childhood emotional neglect. Possessing a PhD in clinical psychology, she has been a recognized psychologist expert for nearly 30 years. At present, she has a private psychotherapy clinic in Lexington, Massachusetts, and specializes in the treatment of emotional neglect in individuals, couples and families. She founded the first Childhood Emotional Neglect (CEN) online treatment program, and authored the duology *Running on Empty*. A contributing author of the book, Dr. Christine Musello, is a colleague of Webb's, and composed some of the content and clinical cases examined in the opening part of the book.

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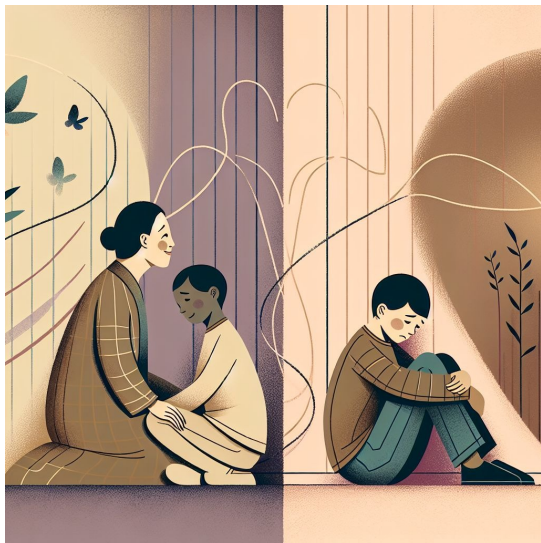
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Chapter 1 Summary : WHY WASN'T THE TANK FILLED?



Summary of Chapter 1 – Running on Empty by Jonice Webb

Introduction to Emotional Connection in Parenting

The chapter begins with a quote from D.W. Winnicott, emphasizing the vital role of the "ordinary good mother" in a child's development. It highlights that while both mothers and fathers are crucial, minimal emotional connection and attention are necessary for a child's emotional health. Failing to provide this connection can result in adults who may



appear successful but feel empty inside.

Understanding "Good Enough" Parenting

Winnicott's concept of the “Good Enough Mother” is introduced, showing that effective parenting can vary but is typically sufficient to meet a child's needs. The text raises questions about the impact of life circumstances and unhealthy parents on emotional neglect.

Parental Self-Reflection

Readers are encouraged to reflect on their upbringing—whether they had "good enough" parents. There's an acknowledgment of common parental shortcomings and a warning that all parents fail their children occasionally. However, it distinguishes between occasional failures and chronic emotional neglect.

Parenting Skills and Attachment Theory

Attachment theory is discussed as a framework for understanding healthy parenting. The three essential parental skills for fostering secure attachment are:



1. Emotional connection with the child.
2. Attention to the child's unique needs.
3. Competent responses to emotional needs.

These skills lead to a positive self-image and emotional wellbeing for the child.

Case Studies: Zeke and Kathleen

The chapter provides examples of healthy parenting through Zeke's interaction with his mother, demonstrating effective emotional communication and guidance. It contrasts this with Kathleen's experience of emotional neglect, revealing how subtle failures in parental attention can lead to long-term emotional issues.

1.

Zeke's Interaction with His Mother

:

Zeke's mother adeptly addresses his school issue by connecting with his feelings and providing necessary guidance, embodying the principles of good parenting.

2.

Kathleen's Experience of Neglect

:

Kathleen's story illustrates how emotional neglect can



occur without overt harm, highlighting the lack of emotional attunement from her parents. This subtle neglect contributed to her feelings of sadness and confusion in adulthood.

Conclusion

The chapter stresses that emotional neglect can often be accidental and stems from parents acting out their learned patterns. The goal is understanding rather than blaming parents, as recognizing these patterns can help heal generational emotional wounds. The chapter sets the stage for exploring different types of neglectful parent behaviors in the following sections.



Critical Thinking

Key Point: The concept of 'Good Enough Parenting' raises significant questions about emotional connection and its long-term effects.

Critical Interpretation: While Jonice Webb emphasizes the crucial role of 'Good Enough' parenting in emotional availability for children, it is essential to recognize that her perspective may not provide a complete understanding of the complexities of human development. Critics could argue that attributing adult emotional emptiness solely to parental neglect overlooks other factors such as genetics, friendships, and life experiences. Studies have shown that resilience can stem from a variety of sources, including supportive relationships outside the family unit (Masten, Ann S., 'Ordinary Magic: Resilience Processes in Development'). Therefore, while emotional neglect is a serious issue, it may not be the sole determinant of an adult's emotional state.



Chapter 2 Summary : TWELVE WAYS TO END UP EMPTY



Parent Type	Description
Narcissistic Parent	Prioritizes superiority, projecting insecurities on children, demanding perfection, leading to shame and neglect of emotional needs.
Authoritarian Parent	Imposes strict rules without explanation, equates obedience with love, resorts to punishment, leaving children feeling undervalued.
Permissive Parent	Avoids conflict by giving too much freedom and not providing limits, causing struggles in structured environments.
Bereaved Parent	Neglects children due to grief, failing to recognize their emotional needs, leading to feelings of invisibility in children.
Addicted Parent	Functions but oscillates between attentive and neglectful based on addiction, leading to anxiety and insecurities in children.
Depressed Parent	Lacks energy to engage emotionally, resulting in neglect and increased risk of emotional issues in children.
Workaholic Parent	Prioritizes career over family, leading to feelings of neglect in children despite material wealth, fostering low self-worth.
Parent with a Special Needs Family Member	Focuses on special needs child, inadvertently neglecting other children who may feel guilty for having normal needs.
Achievement/Perfection Focused Parent	Pushing for success without attending to the child's feelings and needs, hindering emotional growth.
Sociopathic Parent	Lacks empathy, may manipulate children, causing emotional harm while appearing charming to outsiders.
Child as Parent	Shifts responsibilities to children, forcing them to take adult roles, negatively impacting their development and emotional health.
Well-Meaning-but-Neglected-Themselves Parent	Fails to connect emotionally due to their own neglectful upbringing, perpetuating the cycle of emotional neglect.



Summary of Chapter 2: Types of Emotionally Neglectful Parents

In this chapter of "Running on Empty" by Jonice Webb, the author outlines various types of emotionally neglectful parents, highlighting the impact their behaviors have on their children. The discussions focus on recognizing the traits of different parent types and understanding the potential emotional neglect they can instigate.

Overview of Parental Types

- There are numerous ways parents can emotionally neglect their children, often overlapping in traits.
- The chapter emphasizes reading about all types, as parents may exhibit a combination of traits.

Type 1: The Narcissistic Parent

- Narcissistic parents prioritize their need for superiority, often projecting their insecurities onto their children.
- They demand perfection, taking their children's mistakes personally, leading to shame and neglect of the child's



emotional needs.

- Examples illustrate the damaging effects of narcissism in familial relationships.

Type 2: The Authoritarian Parent

- Characterized by rigidity and control, authoritarian parents impose strict rules without explaining them.
- They equate obedience with love and often resort to punishment rather than discussion, leaving children feeling undervalued.

Type 3: The Permissive Parent

- Permissive parents avoid conflict, allowing children too much freedom and failing to provide necessary limits and structure.
- This parenting style may lead to children struggling in environments where rules exist, as they lack a foundation of discipline.

Type 4: The Bereaved Parent

- Bereaved parents may neglect their children due to their



own grief, failing to recognize their children's emotional needs while dealing with loss.

- Children of such parents often feel invisible and may develop deep-seated emotional issues.

Type 5: The Addicted Parent

- Functional addicted parents manage to fulfill their roles but can oscillate between attentive and neglectful states based on their addiction.

- Children experience inconsistency, leading to anxiety and insecurities in their relationships.

Type 6: The Depressed Parent

- Depressed parents often lack the energy to emotionally engage with their children, leading to neglect and increased risk of emotional issues in the children.

Type 7: The Workaholic Parent

- Workaholic parents may prioritize career over family, leading children to feel neglected despite material wealth.

- These children can develop low self-worth and self-blame



due to feeling secondary to their parents' professional aspirations.

Type 8: The Parent with a Special Needs Family Member

- Parents focusing on a special needs family member often inadvertently neglect the rest of the children, who may feel guilty for their normal needs and emotions.

Type 9: The Achievement/Perfection Focused Parent

- Achievement-focused parents can hinder their child's emotional growth by pushing for success without attending to the child's feelings and needs.

Type 10: The Sociopathic Parent

- Sociopathic parents lack empathy and may manipulate their children, causing emotional harm while appearing charming or successful to outsiders.

Type 11: Child as Parent



- Some parents shift their responsibilities to their children, forcing them to take on adult roles, which negatively impacts their development and emotional health.

Type 12: The Well-Meaning-but-Neglected-Themselves Parent

- These parents love their children but fail to connect emotionally due to their own neglectful upbringing, perpetuating the cycle of emotional neglect.

The chapter concludes by underscoring that emotional neglect is self-propagating, as emotionally neglected children often grow into parents who repeat the cycle, highlighting the need for awareness and intervention to break this pattern.



Example

Key Point: Recognizing the Impact of Emotionally Neglectful Parenting

Example: Imagine growing up in a home where your achievements felt overshadowed by your parents' unfulfilled desires, leaving you to chase perfection just to earn a fleeting glimpse of approval. You often felt like an unappreciated ghost at celebratory family dinners, with conversations circulating around 'successes' that didn't include your desires or feelings. Understandably, this constant striving may instill a sense of inadequacy within you, making it difficult to establish healthy relationships later in life where emotional acknowledgment is appreciated. Learning to recognize this parenting style is crucial, as it can help you understand your own emotional landscape and find pathways to foster a sense of self-worth that isn't contingent upon external validation.



Chapter 3 Summary : THE NEGLECTED CHILD, ALL GROWN UP



Chapter 3 Summary: Emotional Neglect in Adulthood

Foundation of Emotional Well-being

Childhood emotions lay the groundwork for adulthood. Adults who experience emotional neglect in childhood often appear normal but suffer from hidden inadequacies that affect their relationships and self-perception. They frequently blame themselves for feelings of unhappiness or emptiness.



Common Themes of Emotional Neglect

This chapter highlights several recurring themes among adults who grew up emotionally neglected:

1. Feelings of Emptiness
2. Counter-dependence
3. Unrealistic Self-Appraisal
4. No Compassion for Self, Plenty for Others
5. Guilt and Shame; What is Wrong with Me?
6. Self-Directed Anger, Self-Blame
7. The Fatal Flaw (If People Really Know Me They Won't Like Me)
8. Difficulty Nurturing Self and Others
9. Poor Self-Discipline
10. Alexithymia (Poor Awareness and Understanding of Emotions)

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Chapter 4 Summary : COGNITIVE SECRETS: THE SPECIAL PROBLEM OF SUICIDAL FEELINGS

Chapter 4 Summary: Exploring Suicidal Thoughts and Emotional Neglect

Overview

Chapter 4 delves into the sensitive and often avoided topic of suicide, discussing its prevalence and the profound impact it has on individuals and communities. The chapter emphasizes the complexity of motivations behind suicidal actions and the often invisible struggles faced by those who contemplate such extremes.

Societal Views on Suicide

- Suicide is generally seen as an unthinkable act, often viewed through lenses of selfishness or cowardice.
- Statistics highlight its severity, with 34,598 suicides



reported in the U.S. in 2007, illustrating the widespread nature of the issue.

Case Study: Robyn

- Robyn is a 32-year-old successful woman who lives quietly in Seattle. Despite her accomplishments and healthy lifestyle, she battles intense inner loneliness and negative emotions.
- Her background features a nurturing but emotionally neglectful family dynamic, with a "Zero Tolerance" policy towards negative feelings, leaving her unable to express or acknowledge her emotional struggles.

Suicidal Ideation

- Robyn's internal crisis escalates after a seemingly benign trigger—a childhood memory linked to a TV show—leading her to attempt suicide.
- This incident raises questions about the underlying emotional neglect that can contribute to suicidal feelings, highlighting the disconnection she experiences from herself and others.

Impact of Emotional Neglect



- The chapter illustrates the dangerous consequences of emotional neglect, emphasizing that it can lead to emptiness, numbness, and the internalization of negative feelings.
- Similarities are drawn between Robyn and other individuals who have faced suicidal thoughts, all stemming from a lack of emotional acknowledgment during formative years.

Concluding Thoughts

- The chapter advocates for understanding the emotional landscape of individuals like Robyn, who may appear fine externally but are struggling internally due to unexpressed emotions.
- Acknowledging these struggles and encouraging open dialogues about feelings is crucial for preventing the extreme consequences of emotional neglect.



Critical Thinking

Key Point: The relationship between emotional neglect and suicidal ideation is inherently complex and multidimensional.

Critical Interpretation: This chapter highlights the often overlooked influence of emotional neglect on an individual's mental health, especially among those who seem successful. While Jonice Webb suggests that emotional neglect plays a critical role in fostering suicidal thoughts, it is essential to recognize that other factors, such as biological, social, and psychological elements, may also contribute to these feelings. As such, while emotional neglect is a significant aspect of understanding suicidality—as supported by the work of researchers like Marsha Linehan (creator of Dialectical Behavior Therapy)—it would be reductive to solely attribute suicidal ideation to this one cause. The narrative encourages a broader dialogue around mental health, reminding us that individual experiences are diverse and cannot be neatly categorized. Evaluating such perspectives critically can lead to a more nuanced understanding of the emotional struggles people face, rather than relying on a singular explanation.



Chapter 5 Summary : HOW CHANGE HAPPENS

Summary of Chapter 5: Understanding Change and Its Challenges

Introduction to Change

Before addressing the gaps created by Emotional Neglect, it's crucial to reflect on the nature of change—how it occurs, obstacles to change, and strategies to handle setbacks.

Change Sheets

Change Sheets are introduced as tools to help readers navigate their unique emotional challenges. However, they are not a one-size-fits-all solution. Readers are encouraged to customize the approaches to best suit their individual needs.

Obstacles to Successful Change



Understanding common barriers to change can facilitate the progress of personal transformation.

1. False Expectations

-

Linear Progress:

Change is often mistakenly viewed as a steady upward trajectory. In reality, it tends to fluctuate with many ups and downs. Persistence is key in navigating these backward steps.

-

Setbacks as Failures:

Experiencing setbacks can lead to feelings of failure and self-anger, which hinder progress. It's vital to reframing setbacks as part of the journey.

-

Giving Up After Getting Off Track:

Falling off track is a common experience during attempts at change. It's essential to recognize that getting off track does not dictate ultimate failure.

2. Avoidance

- Change involves challenges that can lead to a natural



tendency to avoid confronting them. While avoidance might seem comforting, it significantly impedes progress.

- The solution is to confront avoidance directly, remind oneself of the value of effort, and take proactive steps toward the desired change.

3. Discomfort

- Change can induce feelings of fear and discomfort, especially when one begins to feel different or is reacted to differently by others. This discomfort can trigger a retreat to previous behaviors, undermining progress.

- Awareness of this discomfort is crucial. Recognizing its normalcy can help individuals persist despite the urge to revert to familiar patterns.

In summary, while change is an essential part of personal growth, understanding and addressing the challenges associated with it is fundamental to achieving lasting transformation.



Chapter 6 Summary : WHY FEELINGS MATTER AND WHAT TO DO WITH THEM

Chapter 6 Summary: Understanding and Managing Emotions

1. Purpose and Value of Emotions

Emotions are often undervalued in society, mistakenly seen as a weakness or nuisance. However, they play a crucial role in survival and decision-making. Emotions have evolved before our cognitive abilities and serve as essential signals for our well-being. Each emotion holds a specific purpose, guiding us toward actions that ensure our safety and connectedness with others.

2. Identifying and Naming Your Feelings

Many emotionally neglected individuals lack awareness of their feelings, leading to negative physical or mental health



outcomes. Recognizing and articulating one's emotions is vital for taking control of emotional experiences and enhancing well-being. This involves acknowledging feelings and expressing them verbally, which is an important first step in emotional management.

3. Learning to Self-Monitor Your Feelings

Self-monitoring emotions requires practice. An exercise is provided to help individuals focus inward and identify their feelings. By regularly reflecting on personal emotions and understanding the reasons behind them, individuals can build emotional awareness and resilience.

4. Accepting and Trusting Your Own Feelings

Many who experienced emotional neglect struggle to accept their feelings, often fearing that emotions are burdensome or

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Chapter 7 Summary : SELF-CARE

Summary of Chapter 7: Running on Empty by Jonice Webb

In Chapter 7, Jonice Webb addresses the challenges surrounding self-care for individuals who experienced emotional neglect in childhood. The chapter emphasizes four key areas where emotional neglect can hinder self-care: learning to nurture oneself, improving self-discipline, self-soothing, and having compassion for oneself.

Part 1: Learning to Nurture Yourself

Emotional neglect often leaves individuals unaware of their own needs. Webb emphasizes the importance of self-nurturance and outlines four steps: putting yourself first, eating healthily, exercising, and ensuring rest and relaxation.

1.

Putting Yourself First

: This involves prioritizing one's own health and needs, which is often perceived as selfish but is essential for effective caregiving to others.



2.

Eating

: This section discusses developing a healthy relationship with food, recognizing how childhood experiences shape adult eating habits.

3.

Exercise

: Webb highlights the necessity and benefits of regular physical activity, many of whom struggle due to their upbringing.

4.

Rest and Relaxation

: The chapter encourages proper balance between activity and rest, addressing the extremes common in emotionally neglected individuals.

Part 2: Improving Self-Discipline

Self-discipline is a significant struggle for those who have faced emotional neglect. Webb explains that this ability is often learned in childhood through parental guidance. She introduces "The Three Things Program" to help individuals develop this crucial skill by recording three actions daily that contribute to improved self-regulation.



Part 3: Self-Soothing

The concept of self-soothing is defined as the process of calming oneself during times of emotional discomfort. Webb provides strategies for identifying personal self-soothing techniques, emphasizing the importance of maintaining a flexible list of effective methods.

Part 4: Having Compassion for Yourself

Lastly, Webb discusses self-compassion as a critical element of self-care. Unlike the previous skills, self-compassion is a mindset rather than a skill to be tracked via a sheet. She outlines guiding principles for cultivating self-compassion, including treating oneself kindly, becoming aware of self-directed anger, utilizing one's own wisdom, and allowing for human imperfections.

In conclusion, Webb encourages individuals who have experienced emotional neglect to actively work on these self-care skills, promising that persistence will lead to greater self-love, understanding, and emotional well-being.



Chapter 8 Summary : ENDING THE CYCLE: GIVING YOUR CHILD WHAT YOU NEVER GOT

Parental Guilt

This chapter emphasizes the importance for emotionally neglected individuals, particularly those who are parents or aspire to be, to recognize and address their parental guilt.

Key takeaways include:

- Guilt, while a common feeling, is unnecessary for effective parenting and can actually hinder decision-making.
- Acknowledge that making mistakes is part of parenting, and it's crucial to hold oneself accountable without harsh self-judgment.
- The desire for change indicates growth and learning, providing a foundation for positive parenting.

The Changes You Have Made So Far

As parents, recognizing the changes made in oneself can significantly impact children. Important points include:



- Acknowledging the positive changes in self-care and decision-making, which can make children more self-aware.
- Validating children's feelings during adjustments is essential. This helps them acclimate to new boundaries and nurtures emotional awareness.

Identifying Parenting Challenges

Understanding one's own emotional neglect helps in addressing challenges in parenting. Areas of impact include:

-

Emptiness vs. Fulfillment:

Acknowledge feelings of emptiness and work on self-fulfillment to better nurture children.

-

Counter-dependence vs. Interdependence:

Encourage healthy dependence on others to foster balance in relationships.

-

Unrealistic Self-Appraisal:

Provide children with accurate reflections of their strengths and capabilities to help establish a strong sense of self.

-

Lack of Compassion vs. Self-Compassion:



Instilling self-compassion in children is vital; teach them to be kind to themselves through mistakes.

-

Guilt and Shame vs. Self-Acceptance:

Support emotional expression and acceptance to prevent guilt and shame.

-

Self-blame vs. Forgiveness:

Help children understand mistakes and articulate their feelings to facilitate forgiveness.

-

Fatal-Flaw vs. Worthiness:

Assure children of their lovability and counter feelings of inadequacy.

-

Nurturing vs. Caring:

Provide emotional nurturing to help children learn to care for others.

-

Poor Self-Discipline vs. Control:

Establish structure, rules, and consequences to cultivate self-discipline in children.

-

Alexithymia vs. Emotional Awareness:



Teach emotional awareness, equipping children with tools for understanding their feelings and those of others.

Conclusion

The chapter encourages emotionally neglected parents to confront their issues and strive to improve their parenting. Children are resilient, and the changes made by parents can positively influence them. Ultimately, creating a better emotional environment for children is not only beneficial for their growth but is also profoundly rewarding for the parent.



Chapter 9 Summary : FOR THE THERAPIST

Section	Summary
Understanding Emotional Neglect	The author identifies Emotional Neglect as a significant, often overlooked omission in emotional support that leads to unresolved emotional distress in clients.
Research Basis	Scientific literature mainly addresses emotional abuse or physical neglect, while Emotional Neglect is examined in the context of attachment theory and Emotional Intelligence.
Attachment Theory	Based on John Bowlby's work, parent-child emotional attachments are crucial, yet the absence of emotional responses as a development issue is underexplored.
Emotional Intelligence	Daniel Goleman's framework on Emotional Intelligence relates to Emotional Neglect, emphasizing the lack of emotional awareness stemming from parental failures.
Identifying Emotional Neglect	Markers for Emotional Neglect are discussed, including self-blame, emotional confusion, and counter-dependence, which may disguise underlying issues.
Treatment Approaches	<div>Address Presenting Issues First</div> <div>Counter Counter-dependence</div> <div>Build Emotional Tolerance</div> <div>Provide Mirroring</div> <div>Balanced Voice</div> <div>Avoid Indulgence</div> <div>Challenge Self-Castigation</div>
Conclusion	The author aims to enhance understanding of Emotional Neglect in therapy, urging clinicians to recognize and assist clients in addressing these emotional shortcomings.

Chapter 9 Summary: Emotional Neglect

Understanding Emotional Neglect

The concept of Emotional Neglect emerged from the author's



15 years of psychotherapy practice, where some clients did not improve using conventional therapeutic tools. This led to the realization that Emotional Neglect—a significant act of omission related to emotional awareness—was often overlooked. The author recognized that many clients, despite showing symptoms of emotional distress, resisted acknowledging their childhood neglect due to counter-dependence and feelings of shame.

Research Basis

The author sought scientific literature on Emotional Neglect but found most studies focus on emotional abuse or physical neglect. Emotional Neglect is found at the intersection of attachment theory and Emotional Intelligence, highlighting how parental omission of emotional support can result in adult emotional issues.

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Best Quotes from Running on Empty by Jonice Webb with Page Numbers

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Chapter 1 | Quotes From Pages 21-28

1. I am trying to draw attention to the immense contribution to the individual and to society which the ordinary good mother with her husband in support makes at the beginning, and which she does simply through being devoted to her infant.
2. There is a minimal amount of parental emotional connection, empathy and ongoing attention which is necessary to fuel a child's growth and development so that he or she will grow into an emotionally healthy and emotionally connected adult.
3. Most parents are good enough. Like all animals, we humans are biologically wired to raise our children to thrive.
4. If you are a parent as well as a reader, you may find yourself identifying with the parental failures presented in



this book.

5. Every single parent on earth can recall a parenting failure that makes him cringe, where he knows that he has failed his child.
6. it is not your fault... it's extremely unlikely and difficult to stop unless you become explicitly aware of it.
7. The importance of emotion in healthy parenting is best understood through attachment theory.
8. In short, when parents are mindful of their children's unique emotional nature, they raise emotionally strong adults.
9. But if there is an absence of such validation of a child's importance to the parent, if a child is made to feel shame for wanting or needing attention... she will grow up being blind to many of her own emotional needs.

Chapter 2 | Quotes From Pages 29-70

1. There are an infinite number of ways for a parent to fail a child emotionally.
2. The needs of the child are defined by the needs of the



parent.

3. Being in a family that's compromised in some way—single parent, sick parent, sick sibling, or financial hardship, for example—is by no means a sentence for Emotional Neglect.
4. Many of the parents we've already talked about in this book could very possibly fall into this category in addition to their own type.
5. The truth is, to love your child is a very different thing from being in tune with your child.

Chapter 3 | Quotes From Pages 71-97

1. Think of childhood as the foundation of a house.
Think of adulthood as the house.
2. The fuel of life is feeling. If we're not filled up in childhood, we must fill ourselves as adults. Otherwise, we will find ourselves running on empty.
3. The Fatal Flaw is not a real flaw. But it is a real feeling.
4. When a child's emotions are not acknowledged or validated by her parents, she can grow up to be unable to do so for herself.



5. For Simon, when sex started to have meaning and feelings attached, it was more than he could handle. His body handled this for him by shutting down his ability to have sex.
6. It is important to note here that throughout Josh's upbringing, his mother was not taking note of his strengths and weaknesses... She was not paying attention, and seeing him as a unique and separate person.
7. The message David's parents unwittingly taught him, completely outside of his own and their awareness, was 'don't have feelings, don't show feelings, don't need anything from anyone, ever.'
8. Cal was left with an invaluable lesson learned, a parting gift: the scars of Emotional Neglect do not have to be permanent. And it is never too late.





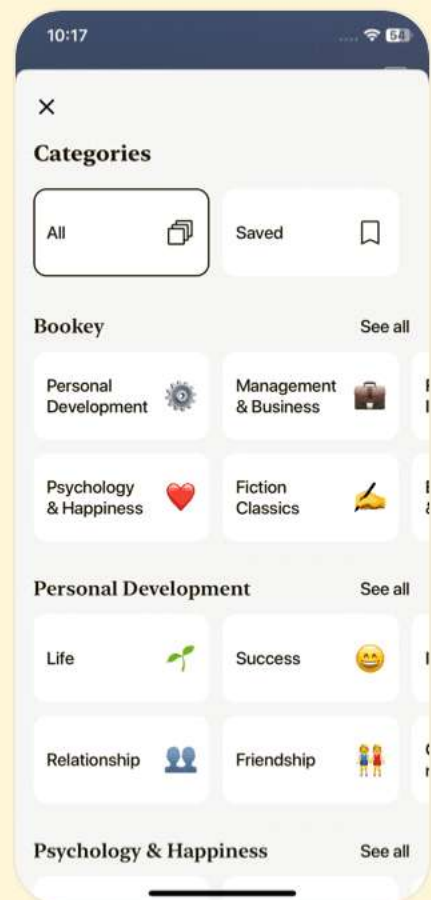
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Chapter 4 | Quotes From Pages 98-105

- 1.The subject of suicide is both unpleasant and scary. For most of us, it's unimaginable, unthinkable.
- 2.People kill themselves for an infinite number of different reasons.
- 3.Robyn had been a sensitive child from birth.
- 4.It's hard to feel loved by people who don't really know you, and nobody really knew Robyn.
- 5.Emptiness or numbness is worse than pain.
- 6.For all of these people, there was really only one thing seriously wrong. And the thing that was wrong was invisible.

Chapter 5 | Quotes From Pages 106-108

- 1.Taking a factory-created, one-size-fits-all approach is not my intention.
- 2.The real key is to just keep working through the backward steps, consistently and persistently, until you take another step forward.



3.Avoidance may beckon like an oasis in the desert, but it will leave you parched.

4.Just keep going.

Chapter 6 | Quotes From Pages 109-125

1.Although many of us may think of ourselves as thinking creatures that feel, biologically we are feeling creatures that think.

2.if we didn't have emotions, life would not be better. In fact, it would not be sustainable.

3.Every human being has felt rage, jealousy, hate, destructiveness, and superiority, for example, at one time or another. Most people have even had homicidal feelings.

4.Emotions can be very powerful, but they can be managed.

5.the glue that holds a relationship together and the fuel that keeps it burning.





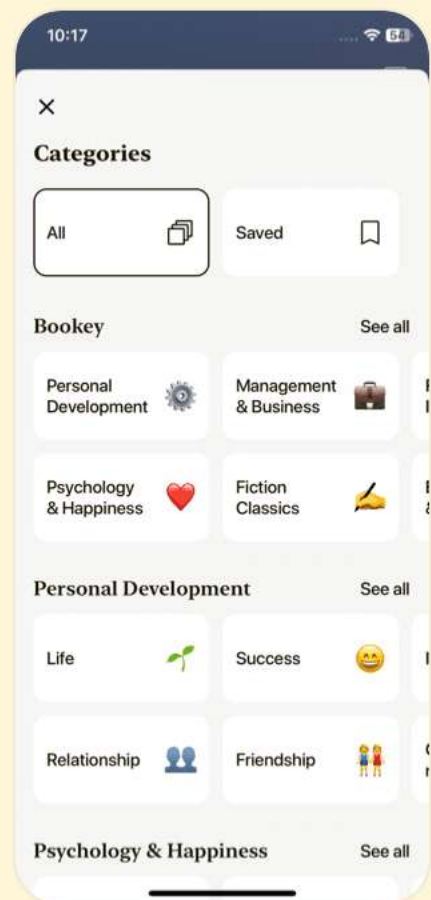
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Chapter 7 | Quotes From Pages 126-171

- 1.If your parents had enough compassion and empathy for what you were feeling as a child, you will have the same for yourself as an adult.
- 2.Developing a skill takes work. It requires time and conscious effort.
- 3.When you are healthy and strong, you're freed up to give to others in a richer, deeper, healthier and stronger way.
- 4.As a child, you're not getting the message that rest is important when you're tired or that too much rest is bad for you.
- 5.You deserve it as much as anyone else does. Sometimes you'll have to say no to one person in order to free yourself up to have fun with another.
- 6.Self-soothing strategies should be not just one strategy but a list of them.
- 7.You're probably a great listener. And like Robyn from Chapter 4, your friends talk to you because you give them helpful advice.



- 8.If you have a lack of compassion for yourself, you're more likely to castigate yourself with a ruthless internal voice for your own honest mistakes and errors.
- 9.You will reap the tremendous rewards. As you build up the pyramid of self-love, you'll be climbing it too.
- 10.All of life is about learning, growing and becoming better.

Chapter 8 | Quotes From Pages 172-186

- 1.I swore I wouldn't make the same mistake with my children as my parents did with me.
- 2.Children are incredibly resilient. As I've said before, children are like little sponges. They soak up whatever we give them.
- 3.Guilt is NOT NECESSARY for good parenting, and it can actually interfere with healthy parenting.
- 4.The more you care about yourself, love yourself, understand yourself, and value your emotional self, the more you'll care, love, understand and value your children and their emotions.
- 5.Do unto your child as you wish your parents had done unto



you.

6.If you don't feel this way about yourself, you won't have to worry about the osmosis factor.

7.Parenting is one of the greatest privileges we are accorded as human beings.

Chapter 9 | Quotes From Pages 187-201

1.It was as if I was the fabled blind man, addressing parts of the elephant, unaware that there was an entire elephant to which I should be attending.

2.What I hope is to draw attention to that process mentioned above: omission, the oft-overlooked stepchild of parental error.

3.I found that when an emotionally neglected client finally recognizes his 'elephant' treatment can more easily access his emotional depth.

4.To us mental health professionals, it is almost a given that a particular individual's personality issues have roots in her childhood.

5.I believe that many people are held back from healing by



their natural resistance to the idea that their childhood still significantly affects them in adulthood.

6. The emotionally neglected client may see her need for therapy as weak, pathetic, shameful, foolish or frivolous.





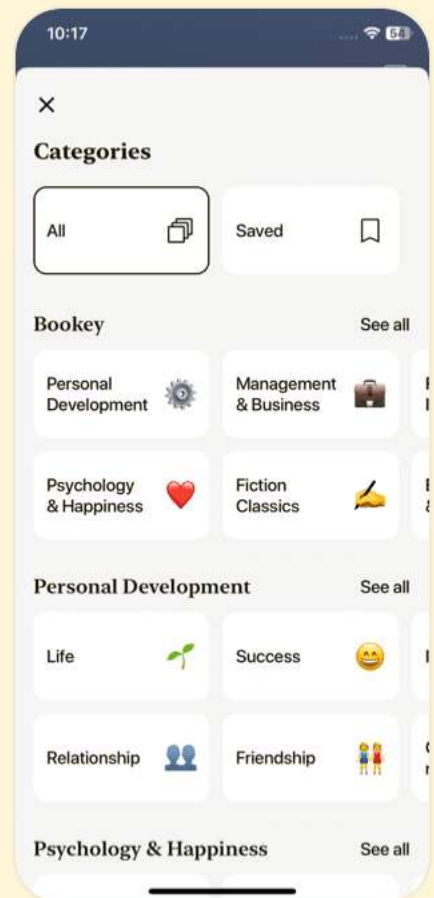
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Chapter 1 | WHY WASN'T THE TANK FILLED?| Q&A

1.Question

What does it mean to be a 'Good Enough Mother' according to D.W. Winnicott?

Answer:A 'Good Enough Mother' is one who meets her child's emotional and physical needs adequately, recognizing and responding to them as they arise.

This allows the child to develop emotional health and connection. The concept emphasizes that perfection isn't necessary for effective parenting; rather, it is about being attuned and responsive in a way that fosters growth.

2.Question

How can emotional neglect manifest in the parent-child relationship?

Answer:Emotional neglect can manifest in ways that are often subtle—such as being emotionally unavailable, failing

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to recognize or respond to a child's emotional needs, or inadvertently prioritizing other tasks over emotional connection. This can lead to feelings of shame or invisibility in the child, affecting their self-worth and ability to form attachments later in life.

3.Question

In what ways did Zeke's mother demonstrate effective parenting techniques?

Answer:Zeke's mother demonstrated effective parenting by:

1) Emotionally connecting with Zeke by asking about his feelings, 2) Validating him by acknowledging his frustration, 3) Teaching him a clear rule that he could comprehend at his age, and 4) Holding him accountable for his actions while providing support, thereby helping Zeke learn to manage his feelings and behavior.

4.Question

What is the importance of attachment theory in parenting?

Answer:Attachment theory underlines the significance of



meeting a child's emotional needs for safety and connection, which forms the foundation for a positive self-image and emotional well-being throughout life. Healthy attachment leads to emotionally strong individuals who can connect well with others.

5.Question

What can parents do if they realize they are emotionally neglecting their child?

Answer:Parents can begin by acknowledging their own emotional needs and patterns, seeking to understand how their upbringing may influence their parenting. They can strive to improve their emotional availability, actively listen to their child's needs, and validate their feelings to foster a more secure attachment.

6.Question

How does Kathleen's experience illustrate the impact of emotional neglect?

Answer:Kathleen's experience illustrates emotional neglect through her mother's lack of emotional attunement and how



that affected Kathleen's self-perception. Despite her external success, Kathleen feels an inexplicable emptiness, linked to her childhood where her emotional needs weren't adequately recognized or met, leading to difficulties in understanding and asserting her own needs in adulthood.

7.Question

What key lesson can be taken away about parenting from Chapter 1?

Answer: The key lesson is that while parenting can be imperfect, fostering emotional connection and attentiveness is essential in raising emotionally healthy children.

Recognizing that everyone can be 'good enough' encourages parents to focus on quality interactions rather than striving for perfection.

8.Question

Why is it crucial for parents to be aware of emotional neglect and its effects?

Answer: Awareness of emotional neglect is crucial because it can perpetuate cycles of emotional disconnection across



generations. By recognizing these patterns, parents can consciously change their approach, thus preventing the transmission of emotional neglect to their children and fostering healthier relationships in their families.

Chapter 2 | TWELVE WAYS TO END UP EMPTY| Q&A

1.Question

What common theme emerges from the different types of emotionally neglectful parents described in the chapter?

Answer: The common theme is that emotional neglect can arise even from parents who love their children and have good intentions. Each type of parent, whether authoritarian, permissive, narcissistic, or well-meaning but neglected themselves, fails to be in tune with their child's emotional needs and feelings. This neglect often leads to children developing feelings of inadequacy, self-blame, and a lack of emotional awareness.

2.Question

How do narcissistic parents impact their children's



emotional development?

Answer: Narcissistic parents tend to view their children as extensions of themselves, focusing on their own needs for perfection and validation rather than their children's emotional needs. This can lead to children feeling inadequate, as they are held to impossible standards and often punished for mistakes, contributing to long-lasting emotional issues such as low self-esteem and anxiety.

3.Question

What does the story of Sid illustrate about the behavior of narcissistic parents?

Answer: Sid's story illustrates how narcissistic parents prioritize their own feelings over their child's trauma. After Sid injures a pedestrian, instead of comforting him or discussing his feelings, his mother focuses on her embarrassment and the shame it brings to the family, demonstrating a complete lack of empathy for Sid's emotional state.

4.Question



In what ways does the example of Beatrice highlight the consequences of emotional neglect?

Answer: Beatrice feels isolated and out of place in her prestigious school, but her mother dismisses her feelings as selfishness. This lack of emotional support leads Beatrice to internalize shame and loneliness, suggesting that emotional neglect can severely impact a child's sense of belonging and self-worth.

5.Question

What can be inferred from the interactions between parents and children in the cases of authoritarian and permissive parenting?

Answer: Authoritarian parenting often leads to strict and punitive responses that disregard children's emotional states, while permissive parenting tends to create a lack of boundaries and insufficient structure. Both styles can result in children feeling unloved or unseen, leading to difficulties in emotional development and behavioral issues.

6.Question

How does the concept of emotional neglect apply to the



experience of children in families dealing with addiction or depression?

Answer: Children in families with addicted or depressed parents often experience emotional neglect because these parents are preoccupied with their struggles, leaving the children feeling overlooked and unimportant. The inconsistency in parental presence and support can create anxiety and insecurity in children, making them feel they are to blame for their parents' issues.

7.Question

What does the story of Zeke with the different types of parents reveal about the unique challenges children face?

Answer: Zeke's experiences across different parenting scenarios demonstrate how varied parental responses impact his emotional understanding and self-worth. Each parental type—narcissistic, authoritarian, permissive—creates distinct challenges, from developing feelings of shame and guilt to lacking the opportunity to learn important emotional and social skills.



8.Question

What role does the Well-Meaning-but-Neglected-Themselves parent type play in perpetuating emotional neglect?

Answer: This type of parent genuinely loves their child but may lack the emotional insight and skills to meet their child's needs. As a result, they inadvertently repeat the neglect they experienced in their own upbringing, continuing the cycle of emotional neglect into the next generation.

9.Question

Why is emotional awareness crucial for proper parenting, based on the examples provided?

Answer: Emotional awareness allows parents to recognize and respond to their child's feelings and needs appropriately. Without it, parents may create environments where children feel invalidated and disconnected, leading to long-term emotional issues. The absence of valid emotional responses can hinder a child's ability to develop healthy relationships and self-esteem.

10.Question



What is the significance of recognizing one's own parenting background in breaking the cycle of emotional neglect?

Answer: Recognizing one's own background and the patterns learned from it is crucial for breaking the cycle of emotional neglect. Awareness enables parents to consciously choose to engage with their children's emotional needs differently than they experienced in their childhood, fostering healthier emotional development in their children.

Chapter 3 | THE NEGLECTED CHILD, ALL GROWN UP| Q&A

1.Question

How can childhood experiences shape our emotional states in adulthood?

Answer: Childhood experiences act as the foundation of our emotional well-being. Just like a house built on a flawed foundation can seem stable on the surface but is at risk of collapse, adults who were emotionally neglected in their childhood often appear normal while struggling with feelings of



emptiness. This neglect leads to a lack of emotional skills, which manifests in difficulties in relationships and self-acceptance.

2.Question

What are some common emotional struggles faced by adults who have experienced emotional neglect?

Answer:Adults from emotionally neglectful backgrounds often grapple with feelings of emptiness, counter-dependence (the fear of needing close relationships), unrealistic self-appraisal, and a lack of compassion for themselves despite being empathetic towards others. They might question their worthiness, struggle with self-blame, and hide their true feelings out of a fear of being judged.

3.Question

Why do emotionally neglected individuals often find it hard to develop close relationships?

Answer:Due to their upbringing, they may harbor a 'Fatal Flaw' belief—that if people truly know them, they won't be liked. This fear, combined with emotional numbness and lack



of practice in emotional interactions during childhood, makes intimacy feel threatening. Consequently, they may avoid closeness to protect themselves from vulnerability.

4.Question

What role does therapy play for individuals dealing with the effects of emotional neglect?

Answer:Therapy offers a space for those who have experienced emotional neglect to explore their emotions and develop awareness. It helps them reconnect with their feelings, identify and articulate their emotional needs, and learn to nurture themselves and others. For example, in therapy, individuals may learn to recognize their feelings instead of suppressing them and understand how their past influences their current relationships.

5.Question

Can emotional neglect lead to mental health issues later in life?

Answer:Yes, emotional neglect is associated with various mental health issues, including anxiety, depression, low



self-esteem, and self-destructive behaviors. Individuals may feel disconnected from themselves and the world, leading to thoughts of worthlessness or even suicidal ideation if those feelings go unaddressed.

6.Question

How can recognizing emotional neglect empower individuals?

Answer: Recognizing emotional neglect is the first step toward healing. It allows individuals to understand the roots of their emotional struggles and empowers them to take control of their emotional health. Acknowledging these issues is crucial for developing healthier relationships and fostering self-compassion, ultimately leading to a more fulfilling life.

7.Question

What are some signs that might indicate a person has experienced emotional neglect?

Answer: Common signs include feelings of emptiness, difficulty identifying emotions, perfectionism, self-directed



anger, critical self-talk, and persistent guilt or shame.

Additionally, emotionally neglected individuals may struggle with nurturing themselves or others, poor self-discipline, and feelings of being fundamentally different from others.

8.Question

Why is emotional connection so vital for well-being?

Answer:Emotional connection provides the substance that helps individuals thrive. It fosters resilience, nurtures self-worth, and allows for mutual support in relationships. Without that connection, individuals often feel isolated and struggle to cope with life's challenges.

9.Question

What does the story of Simon illustrate about overcoming emotional neglect?

Answer:Simon's journey shows that despite a profound sense of emptiness and emotional disconnect, change is possible. Through therapy, he learned to recognize and articulate his emotions, allowing him to experience deeper connections and ultimately develop healthy relationships. His



perseverance highlights the potential for growth and healing.

10.Question

Can emotional neglect have a generational impact?

Answer: Yes, emotional neglect can perpetuate through generations. Parents who were emotionally neglected may struggle to provide emotional support to their children, continuing the cycle. Recognizing and addressing these issues in oneself can break the cycle and foster healthier emotional environments for future generations.





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Chapter 4 | COGNITIVE SECRETS: THE SPECIAL PROBLEM OF SUICIDAL FEELINGS| Q&A

1.Question

What is the significance of discussing suicide in the context of emotional neglect?

Answer:Discussing suicide in relation to emotional neglect highlights how people can suffer silently without anyone noticing. It emphasizes that emotional neglect can lead to feelings of emptiness and numbness, which may push individuals to contemplate suicide as an escape from their internal struggles. Robyn's story illustrates how a person can lead a seemingly perfect life on the outside while struggling profoundly on the inside.

2.Question

What can we learn from Robyn's internal struggles?

Answer:Robyn's internal struggles teach us that emotional health is just as critical as physical health. Despite having success and love in her life, her inability to express,



acknowledge, or even feel her emotions ultimately led her to contemplate suicide. It serves as a reminder that everyone needs a safe space to express their feelings.

3.Question

How does emotional neglect contribute to feelings of loneliness and emptiness?

Answer:Emotional neglect teaches individuals to suppress their emotions and avoid sharing personal struggles. This leads to a lack of emotional connection with others, resulting in profound loneliness and internal emptiness. Robyn felt disconnected from the world because she could not share her true feelings, making her feel isolated and unlovable.

4.Question

What can we infer about the relationship between emotional expression and mental health?

Answer:The relationship between emotional expression and mental health is crucial; individuals who are encouraged to express their emotions are more likely to have better mental health outcomes. Suppressing negative emotions, as seen in



Robyn's upbringing, can lead to severe consequences, including suicidal thoughts and actions.

5.Question

What are some signs that someone might be struggling emotionally but is not expressing it?

Answer:Some signs include withdrawing from social activities, being excessively focused on maintaining a 'happy' front, not inviting friends into their personal space, unexplained changes in behavior (like increased substance use), and the presence of a façade of success. Robyn exhibited many of these signs, making it difficult for others to recognize her inner turmoil.

6.Question

How can we support someone who might be experiencing similar struggles to Robyn?

Answer:To support someone experiencing similar struggles, we should create a safe environment for open emotional expression. This can involve checking in regularly, normalizing discussions about feelings, being patient



listeners, and reassuring them that it's okay to not be okay. Encouraging professional help when necessary can also be vital.

7.Question

Why is it important to talk about emotions and encourage vulnerability in relationships?

Answer: Talking about emotions and encouraging vulnerability fosters deeper connections, understanding, and empathy in relationships. It allows individuals to share their burdens and reduces feelings of isolation. Open conversations about emotions can also help identify and address mental health issues before they escalate.

8.Question

What can the stories of individuals like Robyn teach society about mental health awareness?

Answer: The stories of individuals like Robyn underscore the importance of mental health awareness and the need to look beyond external appearances. Society must recognize that mental struggles can exist even in seemingly successful



individuals and that fostering emotional openness is essential in preventing tragedies like suicide.

9.Question

How does Robyn's background inform her actions later in life?

Answer:Robyn's background, characterized by strict emotional repression and a zero-tolerance policy for negativity, directly contributed to her inability to cope with her feelings. This upbringing caused her to suppress her true emotions, leading to a lack of self-awareness and ultimately a catastrophic decision to attempt suicide when overwhelmed.

10.Question

What is the overarching message of Robyn's story in relation to suicide and emotional neglect?

Answer:The overarching message of Robyn's story is that suicide can affect anyone, and emotional neglect can lead to profound suffering that remains hidden. It emphasizes the need for emotional literacy, the importance of recognizing and validating our feelings, and advocating for deeper



connections in our relationships to combat isolation and despair.

Chapter 5 | HOW CHANGE HAPPENS| Q&A

1.Question

What should be your approach to making changes in your life after experiencing Emotional Neglect?

Answer: You should adopt a buffet approach, picking the techniques and suggestions that resonate with you personally. It's crucial to tailor the Change Sheets to meet your individual needs rather than treating them as a one-size-fits-all solution.

2.Question

Why is it important to understand that change is not linear?

Answer: Understanding that change comes in fits and starts helps prepare you for setbacks. Instead of viewing setbacks as failures, see them as part of the journey. This mindset allows you to persist through challenges and continue making progress.



3.Question

How should you respond to feelings of failure when encountering setbacks?

Answer:Acknowledge the setback without resorting to self-anger. Remind yourself that setbacks are a natural part of the process and that they do not define your overall potential for success. Stay focused on continuing your efforts.

4.Question

What role does avoidance play in the process of change?

Answer:Avoidance acts as an enemy of progress. Although it may seem comfortable, it prevents you from facing the challenges of change head-on. Confront avoidance by recognizing it and choosing to engage with the change process instead.

5.Question

What does discomfort during change signify, and how should it be handled?

Answer:Discomfort is a natural reaction to changing your habits and identity. When you feel uncomfortable, it often signals that you are moving beyond your previous comfort



zone. Acknowledge this discomfort as normal, resist the urge to retreat, and keep pushing forward.

6.Question

What can happen if you don't address your discomfort while trying to change?

Answer:If you ignore your discomfort, you may retreat to your old ways, stalling your progress and undermining your efforts. It's essential to recognize the discomfort but not let it dictate your actions.

7.Question

How can understanding false expectations help you in your change journey?

Answer:Recognizing that change is not a straightforward path helps maintain realistic expectations. Instead of expecting constant improvement, prepare for ups and downs, which can help preserve your motivation and commitment to change.

8.Question

What is the significance of the Change Sheets mentioned in the chapter?



Answer:Change Sheets are tools designed to help you actively engage in the process of change. They are meant to guide your efforts but should be customized to reflect your unique experiences and struggles.

Chapter 6 | WHY FEELINGS MATTER AND WHAT TO DO WITH THEM| Q&A

1.Question

What is the core message regarding the purpose of emotions?

Answer:Emotions are vital for survival, as they communicate important messages about our state and environment, such as danger or the need for connection and care. Understanding and valuing our emotions is essential to navigating life effectively.

2.Question

Why is it important to recognize and name your feelings?

Answer:Recognizing and naming your feelings empowers you to manage them rather than suppress them. It allows for emotional awareness, which can prevent physical and mental health issues and leads to more fulfilling relationships.



3.Question

How can emotions serve as a guide in our lives?

Answer:Emotions are powerful tools that guide our actions and decisions. For instance, fear may instigate self-preservation, while love encourages us to nurture relationships. Acknowledging these emotions can lead to more informed choices.

4.Question

What techniques can help someone identify their emotions according to the text?

Answer:Practicing the Identifying and Naming Exercise, which involves closing your eyes, focusing inward, and asking questions about your feelings, can help identify and understand emotions. Using a Feelings Sheet to record emotions can also enhance emotional awareness.

5.Question

How should one approach expressing feelings according to the principles discussed?

Answer:Feelings should be expressed assertively and compassionately, without judgment. For example, instead of



bottling up anger, one should communicate feelings respectfully to the person involved, thus fostering healthier interactions.

6.Question

What are some common misconceptions emotionally neglected individuals have about sharing feelings?

Answer:Common misconceptions include the belief that sharing feelings burden others, make one appear weak, or lead to negative consequences in relationships. These beliefs are often unfounded and can hinder emotional connection.

7.Question

What does the IAAA acronym stand for, and why is it significant?

Answer:IAAA stands for Identify, Accept, Attribute, Act. It is significant as it outlines a structured approach for individuals to harness their emotions effectively, promoting clarity and proactive involvement in one's emotional responses.

8.Question

Why is vulnerability important in relationships?



Answer: Vulnerability fosters emotional intimacy and authentic connection. It allows partners to understand each other deeply, address problems openly, and reinforces trust within the relationship.

9.Question

How can vertical questioning enhance relationships?

Answer: Vertical questioning encourages deeper conversations by focusing on understanding feelings and motivations, rather than just gathering information. It leads to profound insights and emotional connections between partners.

10.Question

What steps can be taken to build emotional connection in a marriage?

Answer: Steps include daily practice of identifying and naming emotions, following the IAAA steps, exercising assertiveness with compassion, and engaging in meaningful questioning to deepen understanding of each other's emotions.



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Chapter 7 | SELF-CARE| Q&A

1.Question

What are the four major skills emotionally neglected individuals need to develop for self-care?

Answer:1. Learning to Nurture Yourself

2. Improving Self-Discipline

3. Self-Soothing

4. Having Compassion for Yourself

2.Question

Why is it important for emotionally neglected individuals to learn to put themselves first?

Answer:Putting yourself first is vital because it allows you to be healthy and strong. Like the flight safety instructions where parents are advised to put on their own oxygen masks first, only when you take care of your own needs can you effectively help others.

3.Question

How can saying 'no' be beneficial for emotionally neglected individuals?

Answer:Saying 'no' can help emotionally neglected



individuals establish boundaries, freeing them from the guilt of overcommitting and allowing them to prioritize their own needs. It's a vital step in self-care and helps reduce feelings of obligation.

4.Question

What impact does self-nurturance have on relationships with others?

Answer:Self-nurturance creates a positive ripple effect, enhancing health and happiness, which can improve relationships with spouses, children, and friends.

5.Question

Why is it recommended to master self-care skills one at a time?

Answer:Trying to work on all self-care skills at once can be overwhelming. Mastering one skill at a time allows for focused development and increases the likelihood of successful integration into daily life.

6.Question

What underlies the struggle with self-discipline for emotionally neglected individuals?



Answer: Many emotionally neglected individuals struggle with self-discipline due to inadequate parental guidance in childhood. Without learning healthy self-regulation, they tend to procrastinate and face challenges in managing behaviors.

7.Question

How can understanding one's likes and dislikes aid in self-care?

Answer: Knowing your likes and dislikes is key to making informed decisions about your enjoyment and preferences, leading to a more satisfying life and better self-care.

8.Question

Why might emotionally neglected individuals find it difficult to ask for help?

Answer: They may fear burdening others or feel undeserving of support, often internalizing a belief that they must manage everything alone, stemming from childhood experiences.

9.Question

What role does self-compassion play in an emotionally neglected person's recovery?



Answer:Self-compassion allows individuals to treat themselves kindly, reducing harsh self-criticism and enabling them to embrace their humanity, fostering healing and growth.

10.Question

How is self-soothing related to the skills learned from parents?

Answer:Self-soothing is a skill often learned from parents who appropriately respond to their child's emotional needs. Without sufficient parental modeling, emotionally neglected individuals may struggle with self-regulation of emotions.

Chapter 8 | ENDING THE CYCLE: GIVING YOUR CHILD WHAT YOU NEVER GOT| Q&A

1.Question

What is a crucial first step for parents who experienced emotional neglect in their own upbringing?

Answer:Acknowledge and work through your own parental guilt, understanding that guilt is NOT necessary for good parenting.

2.Question

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How can parents help their children adjust to changes in parenting style?

Answer: Validate their feelings by acknowledging the difficulty of adjustments, saying things like, 'I know it's hard for you when I start making different decisions.'

3.Question

What is the connection between a parent's emotional self-awareness and their children's emotional health?

Answer: Parents who increase their emotional awareness and care for themselves will naturally pass on those benefits to their children, fostering their emotional health.

4.Question

How can parents encourage their children to be mutually interdependent rather than fiercely independent?

Answer: By modeling healthy dependence and being available when children need help, thus teaching them that seeking support is valuable and normal.

5.Question

What should parents do when they see their children being hard on themselves?



Answer: Intervene by helping them recognize their excessive self-criticism, affirm their feelings, and guide them towards self-forgiveness.

6.Question

Why is it important for a child to feel loved, not just know they are loved?

Answer: Feeling loved provides children with emotional security and a sense of worth, which counters feelings of inadequacy that can stem from emotional neglect.

7.Question

How can parents nurture emotional awareness in their children?

Answer: By actively observing their children's feelings, labeling those emotions, and discussing the reasons behind them, fostering a rich emotional vocabulary.

8.Question

What is the significance of providing emotional nurturance to children?

Answer: It enables children to cultivate their own ability to give care, ensuring they have the emotional resources to



support themselves and others over time.

9.Question

What is a key strategy for teaching children about self-discipline?

Answer: Establish clear structures and rules with appropriate consequences, helping children learn to balance their impulses with self-control.

10.Question

How can forgiving oneself be instilled in children?

Answer: By teaching children to understand the components of their mistakes and guiding them through the process of correction and self-forgiveness.

11.Question

What can parents do to counteract feelings of shame and guilt in their children?

Answer: Accept and validate their emotions, demonstrating that all feelings are normal and providing tools for healthy emotion management.

12.Question

Why is it vital for parents to reflect positively on



themselves in front of their children?

Answer: Because children learn a sense of self-worth from how their parents see themselves, which directly impacts the child's self-acceptance and confidence.

13.Question

What is an effective method for managing children's emotional responses?

Answer: Help them express and understand their feelings instead of trying to suppress them, ensuring they learn to manage their emotions healthily.

14.Question

How should parents approach their own past experiences of emotional neglect when raising their children?

Answer: Recognize these past experiences, consciously work to break the cycle of neglect, and strive to provide a nurturing and supportive environment.

15.Question

What does it mean to be 'emotionally aware' as a parent?

Answer: It means actively engaging with one's own emotions and the emotions of children, allowing for an open dialogue



about feelings and fostering emotional intelligence.

Chapter 9 | FOR THE THERAPIST| Q&A

1.Question

What is the primary focus of Jonice Webb in Chapter 9 of 'Running on Empty'?

Answer:The primary focus is on Emotional Neglect, a concept she developed after years of observing that many clients do not benefit from traditional therapeutic approaches due to overlooked emotional deficits stemming from childhood.

2.Question

How does the author define Emotional Neglect?

Answer:Emotional Neglect is the absence of emotional support and attunement during childhood, which can lead to symptoms such as low emotional awareness and difficulties in emotional expression.

3.Question

What is the relationship between Attachment Theory and Emotional Neglect?

Answer:Attachment Theory explains how parental emotional



neglect leads to personality development, illustrating that a lack of emotional connection can profoundly affect a child's future emotional abilities.

4.Question

Why does Jonice Webb emphasize the importance of recognizing Emotional Neglect in therapy?

Answer: Recognizing Emotional Neglect is crucial because understanding this underlying issue allows clients to access deeper emotional areas, facilitating more effective therapy and healing.

5.Question

What are some signs that a client may have experienced Emotional Neglect?

Answer: Some signs include expressing guilt for having feelings, fiercely defending their parents from criticism, showing doubts about their childhood memories, and lacking understanding of their own emotions.

6.Question

How can therapists help clients who exhibit symptoms of Emotional Neglect?



Answer: Therapists can help by building a strong therapeutic alliance, teaching emotional awareness, providing a balanced mirroring of the client's experiences, and challenging counter-dependence.

7.Question

What does Jonice Webb hope to achieve through her book and the concept of Emotional Neglect?

Answer: She hopes to bring awareness to Emotional Neglect, provide clarity and self-awareness to individuals affected by it, and encourage researchers to further explore its impact.

8.Question

Can you give an example of how Emotional Intelligence relates to Emotional Neglect?

Answer: Emotional Intelligence involves skills such as self-awareness and managing emotions, which can be severely impaired in emotionally neglected individuals who may not have learned these skills due to lack of parental attunement.

9.Question

What actionable steps does Jonice Webb advise therapists



to take when treating clients with Emotional Neglect?

Answer: Therapists should identify signs of Emotional Neglect, address counter-dependence, encourage emotional expression, be a balanced voice of compassion, and help clients cultivate self-awareness and self-compassion.

10.Question

How might recognizing one's own Emotional Neglect change the therapeutic process?

Answer: When clients recognize their own Emotional Neglect, they often find it easier to confront and process their emotions, leading to a more productive therapeutic experience and accelerated healing.





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Chapter 1 | WHY WASN'T THE TANK FILLED?| Quiz and Test

- 1.The concept of the 'Good Enough Mother' suggests that perfect parenting is necessary for a child's development.
- 2.Emotional neglect can lead to adults who may appear successful but feel empty inside.
- 3.All parents are equally capable of meeting their children's emotional needs without failure.

Chapter 2 | TWELVE WAYS TO END UP EMPTY| Quiz and Test

- 1.Narcissistic parents prioritize their own needs over their children's emotional needs, often leading to neglect.
- 2.Permissive parents provide necessary limits and structure to their children, ensuring they understand boundaries.
- 3.Workaholic parents often prioritize their career over family,



which can lead to feelings of neglect among their children.

Chapter 3 | THE NEGLECTED CHILD, ALL GROWN UP| Quiz and Test

1. Adults who experienced emotional neglect in childhood often show no signs of emotional inadequacies.
2. One common theme among adults who grew up emotionally neglected is difficulty nurturing themselves and others.
3. Guilt and shame do not affect individuals who feel emotionally neglected in adulthood.



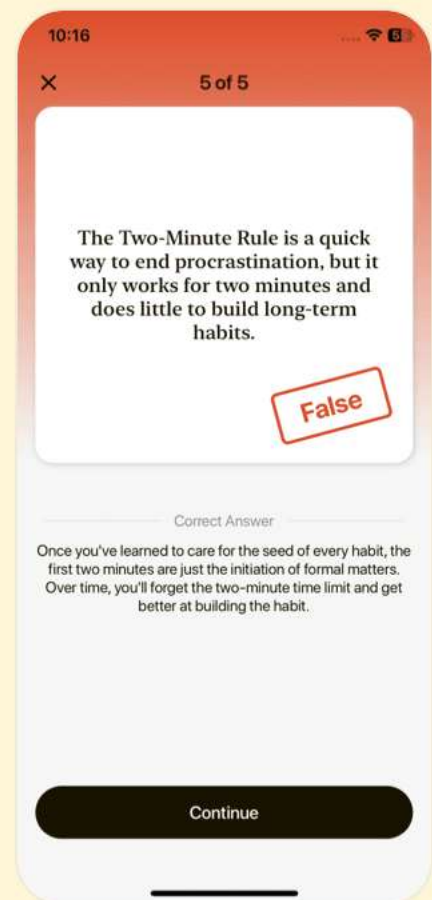


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Chapter 4 | COGNITIVE SECRETS: THE SPECIAL PROBLEM OF SUICIDAL FEELINGS| Quiz and Test

- 1.Suicide is often viewed as an act of selfishness or cowardice.
- 2.Emotional neglect has no impact on an individual's mental health regarding suicidal thoughts.
- 3.Robyn's emotional struggles stemmed from a nurturing family environment.

Chapter 5 | HOW CHANGE HAPPENS| Quiz and Test

- 1.Change is always a steady upward trajectory.
- 2.Experiencing setbacks is a part of the journey towards change and should not be viewed as failure.
- 3.Avoidance of challenges during change is an effective strategy to ensure progress.

Chapter 6 | WHY FEELINGS MATTER AND WHAT TO DO WITH THEM| Quiz and Test

- 1.Emotions are often considered a weakness in society.



2. Emotionally neglected individuals are typically very aware of their feelings and can express them easily.
3. Expressing emotions is not important for building connections in relationships.





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Chapter 7 | SELF-CARE| Quiz and Test

1. Individuals who have experienced emotional neglect often find it easy to nurture themselves.
2. Self-discipline is often learned in childhood through parental guidance and can be improved with specific programs.
3. Self-compassion is considered a skill to be tracked and developed over time, according to Jonice Webb.

Chapter 8 | ENDING THE CYCLE: GIVING YOUR CHILD WHAT YOU NEVER GOT| Quiz and Test

1. Guilt is an essential feeling for effective parenting and usually enhances decision-making.
2. Recognizing one's own emotional neglect is vital for addressing parenting challenges.
3. Children do not need validation of their feelings during adjustments as they will naturally adapt.

Chapter 9 | FOR THE THERAPIST| Quiz and Test

1. Emotional Neglect is often overlooked in therapeutic practices according to the author's



experiences.

2. Most studies on childhood neglect focus primarily on Emotional Neglect rather than Emotional Abuse or Physical Neglect.

3. The chapter suggests that helping clients identify Emotional Neglect can assist in recognizing their emotional struggles and facilitate healing.





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