

## Emotional Pain Words

abandoned	exposed	pathetic
accused	failure	pressured
afraid	fear	pressure to
all my fault	foolish	perform
alone	forced	publicly shamed
always wrong	frustrated	rejected
angry	good for nothing	rejection
anxious	guilty	repulsed
apathetic	hatred	revenge
ashamed	hate myself	ruined
bad	helpless	sad
belittled	hollow	scared
betrayal	hopeless	secluded
betrayed	humiliated	self-disgust
bitter	hurt	shamed
blamed	hysterical	stressed
can't do	impure	stupid
anything right	inadequate	suffocated
can't trust	indecent	suicidal
anyone	inferior	taken advantage of
cheap	insecure	thwarted
cheated	insensitive to my	torn apart
condemned	needs	trapped
confused	insignificant	trash
conspired	invalidated	ugly
against	left out	unable to
controlled	lied to	communicate
cut off	lonely	unaccepted
deceived	lost	uncaring
defeated	made fun of	uncared for
defenseless	manipulated	unchosen
defrauded	mindless	unclean
degraded	mistreated	unfairly judged
desires were	misunderstood	unfairly treated
rejected	molested	unfit
despair	neglected	unimportant
destroyed	no good	unlovable
devalued	not being affirmed	unloved
didn't belong	not cared for	unnecessary
didn't measure up	not cherished	unprotected
dirty	not deserving to	unsafe
disappointed	live	unsympathetic
disgusted	not listened to	unwanted
disrespected	not measure up	used
dominated	not valued	violated
embarrassed	opinions not valued	vulnerable
empty	out of control	wasted
	overwhelmed	wickedn
		worthless
		wounded