# FRUSTRATION Abandonment Failure Sadness Hurt

Misunderstood Upset Criticized Shameful unloved

Rejected Confused embarrassed, overwhelmed untrusting discriminated against, NERVOUS Scared GUILTY Exhausted Annoyed

HURT Disappointed hopeless fearful

## IRRITATED Powerless Jealous Lonely Anxious

LOST Bitter DESPERATE Threatened Helpless

Enraged Insulted Resentful Disgusted Alienated

Victimized Humiliated, Ostracized , exhausted, Left out, Bossed around, Invisible, Unheard,

Judged, belittled, cheated, Controlled, Abused,

Voiceless, Trapped, Empty, Violated, Silenced, Traumatized, Untrusted, Blamed, Deceived, Used, Laughed at, Left out, Betrayed,