

## ADDENDUM 3b

abandoned  
accused  
afraid  
all my fault  
alone  
always wrong  
angry  
anxious  
apathetic  
ashamed  
bad  
belittled  
betrayal  
betrayed  
bitter  
blamed  
can't do anything right  
can't trust anyone  
cheap  
cheated  
condemned  
confused  
conspired against  
controlled  
cut off  
deceived  
defeated  
defenseless  
defrauded  
degraded  
desires were rejected  
despair  
destroyed  
devalued  
didn't belong  
didn't measure up  
dirty  
disappointed  
disgusted  
disrespected  
dominated  
embarrassed  
empty  
exposed  
failure  
fear  
foolish  
forced  
frustrated  
good for nothing  
guilty  
hatred  
hate myself

## EMOTIONAL PAIN WORDS

helpless  
hollow  
hopeless  
humiliated  
hurt  
hysterical  
impure  
inadequate  
indecent  
inferior  
insecure  
insensitive to my needs  
insignificant  
invalidated  
left out  
lied to  
lonely  
lost  
made fun of  
manipulate  
mindless  
mistreated  
misunderstood  
molested  
neglected  
no good  
not being affirmed  
not cared for  
not cherished  
not deserving to live  
not listened to  
not measure up  
not valued  
opinions not valued  
out of control  
overwhelmed  
pathetic  
pressured  
pressure to perform  
publicly shamed  
rejected  
rejection  
repulsed  
revenge  
ruined  
sad  
scared  
secluded  
self-disgust  
shamed  
stressed  
stupid  
suffocated  
suicidal  
taken advantage of  
thwarted  
torn apart  
trapped  
trash  
ugly  
unable to communicate  
unaccepted  
uncaring  
uncared for  
unchosen  
unclean  
unfairly judged  
unfairly treated  
unfit  
unimportant  
unlovable  
unloved  
unnecessary  
unprotected  
unsafe  
unsympathetic  
unwanted  
used  
violated  
vulnerable  
wasted  
wicked  
worthless  
wounded