

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