EMOTIONAL PAIN WORDS

abandoned helpless suffocated
accused hollow suicidal
afraid hopeless taken advantage of
all my fault humiliated thwarted
alone hurt torn apart
always wrong hurt trapped
angry impure trash
anxious inadequate ugly
apathetic indecent
ashamed inferior
bad insensitive to my needs
belittled insecure
betrayal insignificant
betrayed invalidated
bitter left out
blamed lied to
can’t do anything right lonely
can’t trust anyone lost
cheap made fun of
cheated manipulate
condemned mindless
confused mistreated
conspired against misunderstood
controlled molested
cut off neglected
deceived no good
defeated not being affirmed
defeated not cared for
defenseless not cherished
defrauded not deserving to live
degraded not listened to
degraded not measure up
destroyed not valued
despair opinions not valued
depressed out of control
devalued overwhelmed
didn’t belong pathetic
didn’t measure up pressured
dirty pressure to perform
disappointed publicly shamed
disgusted rejected
disrespected rejection
dominated repulsed
embarrassed ruined
empty revenge
exposed ruined
failure scared
failure scared
fear scared
fear secluded
foolish self-disgust
forced shamed
frustrated stressed
good for nothing stupid
guilty
hatred
hate myself