

Chart 7

WORDS THAT MEAN EMOTIONAL PAIN

A	Disinterested	J	S
Abandoned	Disregarded	Jealous	Sad
Abused	Disrespected	Judged	Scared
Accused	Dominated		Skeptical
Addicted	Doubtful	L	Self-conscious
Afraid		Lonely	Self-hatred
Aggressive	E		Shame
Alarmed	Emasculated	M	Shut down
Alone	Empty	Manipulated	Shy
Angry	Enraged	Mean	Stressed
Annoyed	Excluded	Melancholy	Stubborn
Anxious		Militant	Stuck
Appalled	F	Miserable	Suppressed
Ashamed	Fatigued	Mocked	Suspicious
	Frustrated		
B	G	N	T
Belittled	Grief	Nervous	Tense
Betrayed	Guilty		Terrified
Blamed		O	Threatened
Bored		Offended	Timid
Bothered	H	Oppressed	Tormented
	Hated	Overconfident	Tortured
C	Hatred	Overpowered	
Closed	Heartbroken	Overwhelmed	
Cold	Helpless		U
Confused	Hesitant	P	Unappreciated
Cowed	Hopeless	Panicked	Unattractive
Criticized	Horried	Paralyzed	Uncertain
	Hostile	Paranoid	Unfulfilled
D	Humiliated	Pathetic	Unhappy
Defeated	Hurt	Pessimistic	Unworthy
Denied		Powerless	Upset
Depressed	I	Pressured	Useless
Deprived	Impotent	Provoked	
Despair	Incapable		V
Desperation	Incompetent	R	Victimized
Despised	Indifferent	Regret	Vindictive
Devastated	Inferior	Rejected	Vulnerable
Diminished	Infuriated	Repelled	
Disappointed	Insulted	Repulsed	W
Disapproved of	Invalidated	Resentment	Weak
Discouraged	Irritated	Restless	Worn out
Disgusted			Worried
			Worthless