

# Emotional Pain Words

**Instructions:** Evaluate each word on the basis of 0 to 5 (0=not significant, 5=very significant). On the left side of each word mark ONLY the words which you determine to be a 3, 4, or 5. If you see a word that seems to jump off the page when you see it, circle that word (there should only be 1 or 2 of these words). Add other words at the end.

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Abandoned               | <input type="checkbox"/> Didn't measure up       | <input type="checkbox"/> Left out              | <input type="checkbox"/> Suffocated            |
| <input type="checkbox"/> Accused                 | <input type="checkbox"/> Dirty                   | <input type="checkbox"/> Lied to               | <input type="checkbox"/> Suicidal              |
| <input type="checkbox"/> Afraid                  | <input type="checkbox"/> Disappointed            | <input type="checkbox"/> Lonely                | <input type="checkbox"/> Taken advantage of    |
| <input type="checkbox"/> All my fault            | <input type="checkbox"/> Disconnected            | <input type="checkbox"/> Lost                  | <input type="checkbox"/> Terrified             |
| <input type="checkbox"/> Alone                   | <input type="checkbox"/> Discounted              | <input type="checkbox"/> Made fun of           | <input type="checkbox"/> Thwarted              |
| <input type="checkbox"/> Always wrong            | <input type="checkbox"/> Discouraged             | <input type="checkbox"/> Manipulated           | <input type="checkbox"/> Torn apart            |
| <input type="checkbox"/> Angry                   | <input type="checkbox"/> Disgusted               | <input type="checkbox"/> Mindless              | <input type="checkbox"/> Trapped               |
| <input type="checkbox"/> Anxious                 | <input type="checkbox"/> Disheartened            | <input type="checkbox"/> Mistreated            | <input type="checkbox"/> Trash                 |
| <input type="checkbox"/> Apathetic               | <input type="checkbox"/> Disrespected            | <input type="checkbox"/> Misunderstood         | <input type="checkbox"/> Ugly                  |
| <input type="checkbox"/> Ashamed                 | <input type="checkbox"/> Dominated               | <input type="checkbox"/> Molested              | <input type="checkbox"/> Unable to communicate |
| <input type="checkbox"/> Avoided                 | <input type="checkbox"/> Done                    | <input type="checkbox"/> Neglected             | <input type="checkbox"/> Unaccepted            |
| <input type="checkbox"/> Awkward                 | <input type="checkbox"/> Embarrassed             | <input type="checkbox"/> No good               | <input type="checkbox"/> Uncaring              |
| <input type="checkbox"/> Babied                  | <input type="checkbox"/> Empty                   | <input type="checkbox"/> Not being affirmed    | <input type="checkbox"/> Uncared for           |
| <input type="checkbox"/> Bad                     | <input type="checkbox"/> Exhausted               | <input type="checkbox"/> Not cared for         | <input type="checkbox"/> Unchosen              |
| <input type="checkbox"/> Belittled               | <input type="checkbox"/> Exposed                 | <input type="checkbox"/> Not cherished         | <input type="checkbox"/> Unclean               |
| <input type="checkbox"/> Betrayal                | <input type="checkbox"/> Failure                 | <input type="checkbox"/> Not deserving to live | <input type="checkbox"/> Unconnected           |
| <input type="checkbox"/> Betrayed                | <input type="checkbox"/> Fear, Fearful           | <input type="checkbox"/> Not good enough       | <input type="checkbox"/> Unfairly judged       |
| <input type="checkbox"/> Bewildered              | <input type="checkbox"/> Foolish                 | <input type="checkbox"/> Not listened to       | <input type="checkbox"/> Unfairly treated      |
| <input type="checkbox"/> Bitter                  | <input type="checkbox"/> Forced                  | <input type="checkbox"/> Not measure up        | <input type="checkbox"/> Unfit                 |
| <input type="checkbox"/> Blamed                  | <input type="checkbox"/> Frightened              | <input type="checkbox"/> Not valued            | <input type="checkbox"/> Unheard               |
| <input type="checkbox"/> Bullied                 | <input type="checkbox"/> Frozen                  | <input type="checkbox"/> Numb                  | <input type="checkbox"/> Unimportant           |
| <input type="checkbox"/> Burdened                | <input type="checkbox"/> Frustrated              | <input type="checkbox"/> Obligated             | <input type="checkbox"/> Unknown               |
| <input type="checkbox"/> Can't do anything right | <input type="checkbox"/> Good for nothing        | <input type="checkbox"/> Opinions not valued   | <input type="checkbox"/> Unlovable             |
| <input type="checkbox"/> Can't trust anyone      | <input type="checkbox"/> Guilty                  | <input type="checkbox"/> Out of control        | <input type="checkbox"/> Unloved               |
| <input type="checkbox"/> Cheap                   | <input type="checkbox"/> Gutted                  | <input type="checkbox"/> Overwhelmed           | <input type="checkbox"/> Unnecessary           |
| <input type="checkbox"/> Cheated                 | <input type="checkbox"/> Hated                   | <input type="checkbox"/> Out of touch          | <input type="checkbox"/> Unneeded              |
| <input type="checkbox"/> Condemned               | <input type="checkbox"/> Hate myself             | <input type="checkbox"/> Pathetic              | <input type="checkbox"/> Unnoticed             |
| <input type="checkbox"/> Confused                | <input type="checkbox"/> Helpless                | <input type="checkbox"/> Powerless             | <input type="checkbox"/> Unprotected           |
| <input type="checkbox"/> Conspired against       | <input type="checkbox"/> Hollow                  | <input type="checkbox"/> Pressured             | <input type="checkbox"/> Unresponsive          |
| <input type="checkbox"/> Controlled              | <input type="checkbox"/> Hopeless                | <input type="checkbox"/> Pressured to perform  | <input type="checkbox"/> Unsafe                |
| <input type="checkbox"/> Cornered                | <input type="checkbox"/> Humiliated              | <input type="checkbox"/> Publicly shamed       | <input type="checkbox"/> Unseen                |
| <input type="checkbox"/> Cowardly                | <input type="checkbox"/> Hurt                    | <input type="checkbox"/> Put down              | <input type="checkbox"/> Used                  |
| <input type="checkbox"/> Crushed                 | <input type="checkbox"/> Hysterical              | <input type="checkbox"/> Rage                  | <input type="checkbox"/> Unsupported           |
| <input type="checkbox"/> Cut off                 | <input type="checkbox"/> Ignored                 | <input type="checkbox"/> Rejected              | <input type="checkbox"/> Unwanted              |
| <input type="checkbox"/> Deceived                | <input type="checkbox"/> Impure                  | <input type="checkbox"/> Rejection Repulsed    | <input type="checkbox"/> Unworthy              |
| <input type="checkbox"/> Defeated                | <input type="checkbox"/> Inadequate              | <input type="checkbox"/> Resentful             | <input type="checkbox"/> Useless               |
| <input type="checkbox"/> Defenseless             | <input type="checkbox"/> Incompetent             | <input type="checkbox"/> Revenge               | <input type="checkbox"/> Violated              |
| <input type="checkbox"/> Defrauded               | <input type="checkbox"/> Indecent                | <input type="checkbox"/> Ridiculed             | <input type="checkbox"/> Vulnerable            |
| <input type="checkbox"/> Degraded                | <input type="checkbox"/> Inferior                | <input type="checkbox"/> Ruined                | <input type="checkbox"/> Walked on             |
| <input type="checkbox"/> Depressed               | <input type="checkbox"/> Infuriated              | <input type="checkbox"/> Sad                   | <input type="checkbox"/> Wasted                |
| <input type="checkbox"/> Deprived                | <input type="checkbox"/> Inhibited               | <input type="checkbox"/> Scared                | <input type="checkbox"/> Weak                  |
| <input type="checkbox"/> Desires were rejected   | <input type="checkbox"/> Insecure                | <input type="checkbox"/> Secluded              | _____  |
| <input type="checkbox"/> Desperate               | <input type="checkbox"/> Insensitive to my needs | <input type="checkbox"/> Self -disgust         | _____  |
| <input type="checkbox"/> Despised                | <input type="checkbox"/> Insignificant           | <input type="checkbox"/> Shaken                | _____  |
| <input type="checkbox"/> Despair                 | <input type="checkbox"/> Isolated                | <input type="checkbox"/> Shamed                | _____  |
| <input type="checkbox"/> Despondent              | <input type="checkbox"/> Invaded                 | <input type="checkbox"/> Sick                  | _____  |
| <input type="checkbox"/> Destroyed               | <input type="checkbox"/> Invalidated             | <input type="checkbox"/> Stuck                 | _____  |
| <input type="checkbox"/> Devalued                | <input type="checkbox"/> Invisible               | <input type="checkbox"/> Stressed              | _____  |
| <input type="checkbox"/> Didn't belong           | <input type="checkbox"/> Judged                  | <input type="checkbox"/> Stupid                | _____  |