

# Emotional Pain Words-Worksheet 2

INSTRUCTIONS: Working from the first Emotional Pain Words worksheet, write the words that are rated 6 or above in each column in respect age and the person associated with the pain if applicable. See the example below. We will discuss the results in our next counseling session.

Example:

Childhood	Teen years	Adult years
Worthless-father Ignored-father	Always wrong-coach Worthless-stepmother	Ashamed-friend Incompetent-employer

Childhood	Teen years	Adult years

Name: \_\_\_\_\_ Date: \_\_\_\_\_