Emotional Pain Words

Using a scale of 0 to 10 (0 being no pain, 10 being the highest pain) indicate the level of emotional pain that you have experienced. Write your answer in front of each descriptive word/phrase.

- Abandoned
- Accused
- Afraid
- All my fault
- Alone
- Always wrong
- Angry
- Annihilated
- Anxious
- Apathetic
- Ashamed
- Avoided
- Awkward
- Babied
- Bad
- Belittled
- Betrayed
- Bewildered
- Bitter
- Blamed
- Can't do anything right
- Can't trust anyone
- Cheap
- Cheated
- Coerced
- Condemned
- Confused
- Conspired against
- Controlled
- Cornered
- Crushed
- Cursed
- Cut off
- Deceived
- Defeated
- Defenseless
- Defrauded
- Degraded
- Depressed
- Deprived
- Deserted
- Desires rejected
- Despair
- Despised
- Despondent
- Destroyed
- Detested
- Devalued
- Didn't belong
- Didn't measure up
- Dirty
- Disappointed
- Discarded
- Discounted
- Discouraged
- Disgraced
- Dishonored
- Disrespected
- Dominated
- Embarrassed
- Empty
- Excluded
- Exhausted
- Exploited
- Exposed
- Failure
- Fear, fearful
- Foolish
- Forced
- Forsaken
- Friendless
- Frightened
- Frustrated
- Good for nothing
- Guilty
- Hated
- Hate myself
- Helpless
- Hopeless
- Humiliated
- Hurt
- Hypothetical
- Ignored
- Impure
- Inadequate
- Incompetent
- Indecent
- Inferior
- Inhibited
- Insecure
- Insensitive to my needs
- Insignificant
- Invalidated
- Knocked down
- Judged
- Left out
- Lied to
- Lonely
- Lost
- Made fun of
- Manipulated
- Mistreated
- Misunderstood
- Mocked
- Molest
- Neglected
- No good
- No support
- No way out
- Not being affirmed
- Not cared for
- Not cherished
- Not deserving to live
- Not listened to
- Not measure up
- Not valued
- Opinions not valued
- Overwhelmed
- Paralyzed Powerless
- Pressured
- Pressure to perform
- Publicly shamed
- Put down
- Rejected
- Repulsed
- Resentful
- Revenge
- Ridiculed
- Ruined
- Sad
- Scared
- Secluded
- Self disgust
- Separated
- Shamed
- Silenced
- Stepped on
- Shattered
- Stressed
- Stupid
- Suicidal
- Taken advantage of
- Terrified
- Threatened
- Torn apart
- Trapped
- Trashed
- Tricked
- Ugly
- Unable to speak
- Unaccepted
- Uncaring
- Uncared for
- Unchosen
- Unclean
- Undesirable
- Unfairly judged
- Unfairly treated
- Unfit
- Unimportant
- Unheard
- Unloved
- Unlovable
- Unnecessary
- Unneeded
- Unnoticed
- Unprotected
- Unresponsive
- Unsafe
- Unwanted
- Useless
- Valueless
- Violated
- Vulnerable
- Walked on
- Wasted
- Weak
- Worthless
- Wounded

© John Regier, Caring for the Heart Ministries, 719-572-5550