

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