Emotional Pain Words

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