

APPENDIX: FEELING WORDS

Abandoned	Cautious	Devalued	Fragmented	Judgmental	Pressured
Abused	Cheapened	Diminished	Friendless	Kept out	Punished
Accused	Cheated	Disappointed	Frustrated	Lacking Lazy	Pushed away
Accusing	Childish	Disapproved of	Grief	Loathed	Regretful
Afraid	Claustrophobic	Disapproving	Groveling	Loathing	Rejected
Alienated	Clingy	Discarded	Guilt	Lonely Longing	Rejecting
Alienated	Clumsy	Disdained	Hard-hearted	Lorded over	Replaced
Alone	Codependent	Disempowered	Hated	Manipulated	Resentful
Ambivalent	Coerced	Disenfranchised	Hateful	Manipulative	Restless
Ambushed	Cold-hearted	Disgraced	Heavy	Mediocre	Revulsion
Anguished	Common	Disgusted	Helpless	Melancholy	Run over
Anxious	Concern	Disillusioned	Henpecked	Mistreated	Sad
Ashamed	Confused	Disliked	Hindered	Mistrusted	Scapegoated
Avoided	Conquered	Disoriented	Hopeless	Mistrustful	Scared
Awkward	Constricted	Disowned	Humiliated	Misunderstood	Scuffed at
Badgered	Contempt	Disrespected	Hurt	Nagged	Scolded
Banished	Contemptible	Distrusting	Ignored	Needy	Scorned
Beaten down	Cowardly	Dominated	Impotent	Negated	Scornful
Begrudged	Criticized	Dread	Impugned	Neglected	Self-conscious
Behind	Cursed	Dreading	Inadequate	Nervous	Set up
Beholden	Damned	Emasculated	Incompetent	Numb	Shamed
Below average	Dead inside	Embarrassed	Indifferent	Outnumbered	Slandered
Bested	Deceived	Empty	Inept	Outraged	Sorrow
Betrayed	Deceptive	Envious	Inferior	Overcome	Spiteful
Bitter	Defeated	Exasperated	Insecure	Overloaded	Stifled
Blamed	Defenseless	Exhausted	Insufficient	Overwhelmed	Stupid
Bored	Defiant	Exiled	Insulted	Overworked	Subordinated
Bossed-around	Deficient	Exploited	Invalidated	Panicked	Subservient
Boxed-in	Demonized	Fearful	Invisible	Passed over	Suspicious
Boxed-out	Dependent	Fearful	Irresponsible	Picked on	Uncertain
Browbeaten	Depressed	Floundering	Isolated	Pitiful	Uncomfortable
Burdened	Despair	Foolish	Jealous	Pity	Vengeful
Burdensome	Desperate	Forced	Jealous	Powerless	Weary
Caged	Despised	Fragile	Judged	Powerless	Worried