

Uncomfortable emotions

Lonely	Exhausted	Over- whelmed	Panicked
Sad	Blank/numb	Worthless	Hopeless
Alone	Inadequate/failing	Ashamed	Guilty
Humiliated	Betrayed	Hurt	Disconnected
Pressured	Out of control	Angry/ furious	Disrespected
Responsible/ burdened	Small/weak	Agitated/ restless	Burdensome
Regret	Disappointed/ devastated	Tortured	Persecuted
Dirty/ contaminated	Afraid/terrified	Excluded	Revolted
Vulnerable	Grief	Powerless	Let down
Empty	Disappointed	Suspicious	Jealous/ envious
Other emotions I feel:			
How I feel if it is better described in a few words:			