

|                       |                |                                |
|-----------------------|----------------|--------------------------------|
| Abandoned             | Emptiness      | Persecuted                     |
| Abused                | Enraged        | Picked on                      |
| Agony                 | Exhausted      | Pressured                      |
| Afraid                | Fatigued       | Punished                       |
| Alienated             | Fearful        | Put down                       |
| Alone                 | Fed up         | Put upon                       |
| Angry                 | Fragile        | Puzzled                        |
| Annoyed               | Frantic        | Rage                           |
| Anxious               | Frightened     | Rebellious                     |
| Apprehensive          | Frustrated     | Rejected (or rejecting)        |
| Ashamed               | Glum           | Remorseful                     |
| At a loss             | Grief stricken | Resentment                     |
| Awkward               | Guilty         | Restless                       |
| Bad                   | Hapless        | Sad                            |
| Betrayed              | Harried        | Scared                         |
| Better-than           | Heartache      | Scattered                      |
| Blame (self or other) | Heartbroken    | Scorned                        |
| Bored                 | Heartsick      | Self-conscious                 |
| Burdened              | Heaviness      | Shamed                         |
| Cheated               | Helpless       | Shattered                      |
| Concerned             | Hesitant       | Silly                          |
| Confined              | Hopeless       | Sorrow (or deep sorrow)        |
| Confused              | Horror         | Startled                       |
| Crazy                 | Horrified      | Suffering                      |
| Crushed               | Hostile        | Suspicious (of self or others) |
| Cornered              | Humiliated     | Terror                         |
| Deceived              | Hurt           | Tired                          |
| Defeated              | Ignored        | Tortured                       |
| Defiled               | Impatient      | Trapped                        |
| Degraded              | Inadequate     | Troubled                       |
| Dejected              | Indignant      | Uncertain                      |
| Depressed             | Indifferent    | Traumatized                    |
| Deprived              | Infringed upon | Unacknowledged                 |
| Despair               | Insecure       | Unappreciated                  |
| Despondent            | Insignificant  | Uninterested                   |
| Devastated            | Intimidated    | Unloved                        |
| Disappointed          | Irritated      | Unmotivated                    |
| Disconnected          | Invalidated    | Unsatisfied                    |
| Discouraged           | Lazy           | Unsure                         |
| Discounted            | Less-than      | Untrusting                     |
| Disenchanted          | Lethargic      | Unwanted                       |
| Disgusted             | Lonely         | Unworthy                       |
| Disinterested         | Longing for    | Used                           |
| Disliked              | Loss           | Victimized                     |
| Dismayed              | Lost           | Violated                       |
| Disoriented           | Mad            | Vulnerable                     |
| Dissatisfied          | Manipulated    | Wasted                         |
| Distraught            | Melancholy     | Wary                           |
| Distrust              | Misused        | Weary                          |
| Done                  | Mortified      | Weird                          |
| Doubt                 | Needy          | Worried                        |
| Drained               | Neglected      | Worthless                      |
| Dread                 | Offended       | Wounded                        |
| Driven                | Outraged       | Worn out                       |
| Embarrassed           | Overwhelmed    | Wrongly accused                |
| Empty                 | Pained         |                                |