

ANGER (frustration, irritation)

2nd



UNLOVED: Uncared for, Neglected

Loved

SAD: Depressed, Miserable, Grief, Sorrow

Happy

HOPELESS: Helpless

Hopefull

DISAPPOINTED: Let down

Supported

SHAME: Guilt, Regret

Confident

INSECURE: Inadequate, Failure, Worthless

Secure, Valued

JUDGED: Blamed

Unconditionally loved

SMOTHERED: Controlled, Suffocated

Freedom

DESPISED: Ridiculed, Detested, Scorned

Affirmed

REJECTED: Unwanted, Alone, Betrayed

Chosen

DISRESPECTED: Humiliated, Embarrassed

Respected, Important

ABUSED: Molested, Violated, Dirty, Wounded

Cherished

SCARED: Anxious, Uneasy

Safe

EXHAUSTED: Overwhelmed, Drained, Used up

Energized, Rested

DISCONNECTED: Indifferent, Mindless

Connected

CONFUSED

Clear-headed

Primary