

Choose Your Words

Choose from the descriptive list given below and pick the word that best describes the deeper emotion that comes up when you get triggered emotionally. This is often some kind of fear about yourself or how others feel about you. It may be some kind of anguish or hurt.

Lonely

Overwhelmed

Hurt

Intimidated

Rejected

Sad

Lost/Confused

Helpless

Let down

Vulnerable

Worried/Shaky

Unimportant

Scared

Hopeless

Panicked

Inadequate

Failing/Ashamed

Humiliated

Small/Insignificant

Unwanted/Dismissed

Shame