



## How do you feel now?

A need to join in	Embarrassed	Inadequate	Sad
Afraid	Exploited	Left Out	Shame
Alone	Empty	Let Down	Shocked
Anxious	Exhausted	Lonely	Sick
Apprehensive	Exasperated	Neglected	Stressed
Ashamed	Fearful	Nervous	Suspicious
Belittled	Frustrated	Offended	Taken for Granted
Bored	Guilty	Overextended	Tired
Concerned	Helpless	Overlooked	Troubled
Confused	Humiliated	Overweight	Turned Off
Deceived	Hurried	Overwhelmed	Unbeautiful
Depressed	Hurt	Overworked	Unappreciated
Devastated	Impatient	Penniless	Underutilized
Disappointed	In a Rut	Put Down	Unfulfilled
Discontented	Inadequate	Put Off	Unsuccessful
Discouraged	Inferior	Regretful	Unsure
Discredited	Insecure	Rejected	Unworthy
Disgusted	Insignificant	Repulsed	Used
Distressed	Intimidated	Resentful	Weak