

Dignity/ Respect/Self- Worth	Freedom/Cont rol	Love/Connectio n/ Importance	Justice/Tru th	Safety	Trust
Ashamed	Bossed around	Abandoned	Accused	Abused	Cynical
Beaten down	Controlled	Alone	Cheated	Afraid	Guarded
Cut down	Imprisoned	Brushed off	Falsely	Attacked	Skeptical
Criticized	Inhibited	Confused	accused	Defensive	Suspicio us
Dehumanized	Forced	Disapproved of	Guilt- tripped	Frightene d	Untruste d
Disrespected	Manipulated	Discouraged	Interrogated	Insecure	Untrustin g
Embarrassed	Obligated	Ignored	Judged	Intimidate d	
Humiliated	Over-controlled	Insignificant	Lied about	Over- protected	
Inferior	Over-ruled	Invisible	Lied to	Scared	
Insulted	Powerless	Left out	Misled	Terrified	
Invalidated	Pressured	Lonely	Punished	Threatene d	
Labeled	Restricted	Misunderstood	Robbed	Under- protected	
Lectured to	Suffocated	Neglected		Unsafe	
Mocked	Trapped	Rejected		Violated	
Offended		Uncared about			
Put down		Unheard			
Resentful		Unknown			
Ridiculed		Unimportant			
Stereotyped		Uninformed			
Teased		Unloved			
Underestimat ed		Unsupported			
Worthless		Unwanted			