

Hurt Feelings List

Please reference the list below for assistance in identifying how a particular hurt made you feel.

Afraid

Fearful

Anxious

Apprehensive

Hesitant

Resistant

Concerned

Worried

Annoyed

Surprised

Insecure

Overwhelmed

Uncomfortable

Suspicious

Tense

Unsafe

Bored

Confused

Inadequate

Trapped

Irritated

Aggravated

Lost

Cornered

Frustrated

Nervous

Self-Conscious

Shocked

Angry

Sad

Depressed

Disgusted

Ashamed

Discouraged

Pessimistic

Doubtful

Hopeless

Helpless

Unlovable

Envious

Embarrassed

Despondent

Resentful

Bitter

Stupid

Worthless

Disdain

Disregarded

Furious

Foolish

Grief

Hurt

Violated

Miserable

Lonely

Disappointed