

NUMB

Disconnected
Empty
Apathetic
Detached
Zoned out
Shut down
Indifferent
Frozen
Withdrawn
Burned out

HURT

Rejected
Betrayed
Disrespected
Unappreciated
Heartbroken
Abandoned
Insulted
Let down
Wounded
Embarrassed
Excluded

ANGRY

Frustrated
Irritated
Resentful
Enraged
Annoyed
Hostile
Offended
Bitter
Jealous
Agitated
Infuriated

TRIGGERED

Threatened
Unsafe
Powerless
Violated
Angry
Terrified
Ashamed
Panicked
Shocked
Unstable
Defensive
Out of control

STRESSED

Overwhelmed
Pressured
Burnt out
Exhausted
Anxious
Rushed
Frantic
Edgy
Strained
Helpless
Tense

ANXIOUS

Worried
Nervous
Panicked
Uneasy
Dreadful
Insecure
Tense
Overwhelmed
Apprehensive
On edge
Fearful
Restless

OFF

Irritated
Unsettled
Confused
Awkward
Out of it
Moody
Disoriented
Misaligned
Low
Bleh
In a funk
Unmotivated

SAD

Lonely
Disappointed
Depressed
Heartbroken
Hopeless
Grieving
Discouraged
Miserable
Ashamed
Helpless
Regretful
Despairing