

Step 1: Identifying Negative Feelings

The examples below are representative, not exhaustive. Ask God to show you what he wants you to see.

Abandoned	Demeaned	Exposed	Intimidated	Powerless
Agitated	Depressed	Falsely accused	Invisible	Pressured
Alone	Desperate	Fed up	Irritated	Rebellious
Angry	Destroyed	Forsaken	Isolated	Rejected
Annoyed	Devalued	Frustrated	Jealous	Resentful
Anxious	Dirty	Furious	Judged	Resistant
Apathetic	Disappointed	Guilty	Justified	Ridiculous
Attacked	Disappointing	Hard	Left out	Sad
Belittled	Disconnected	Hateful	Lonely	Scared
Betrayed	Discouraged	Heartbroken	Mad	Shaken
Bewildered	Disgusted	Heavy	Manipulated	Shamed
Bitter	Disgusting	Helpless	Marginalized	Skeptical
Bothered	Dishonored	Hopeless	Misunderstood	Stupid
Coerced	Disregarded	Hostile	Mocked	Tired
Condemned	Disrespected	Humiliated	Neglected	Torn
Confused	Distant	Hurt	Numb	Trapped
Controlled	Distressed	Ignored	Offended	Undermined
Cornered	Divided	Impatient	Out of control	Unforgivable
Crushed	Dumb	Inadequate	Overlooked	Unlovable
Cynical	Embarrassed	Inferior	Overwhelmed	Violated
Defeated	Empty	Insecure	Panic	Worn out
Defensive	Enraged	Insignificant	Persecuted	Worried
Defiant	Exhausted	Insulted	Pessimistic	Worthless

Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me . . .

Psalm 139:23-24a