

Pain Words / Feelings

Put a check by every expression of how you feel, then use the “Power Tools” on TheHealingSource.org to help bring them to the throne. Work through other sections of The Healing Source with these feelings in mind and continue to ask the Lord to reveal what he wants to touch next. Ask the Lord if there are any memories attached to these feelings and to bring forward anything that is hidden and unresolved. Receive His healing as He pours out as it is His DESIRE to take your pain and replace it with His peace and joy.



Abandoned	Disrespected	Not cared for	Unable to communi-
Afraid	Dominated	Not cherished	cate
Alone	Embarrassed	Not deserving to live	Unable to love
Always wrong	Empty	Not listened to	Unable to feel
Angry	Exposed	Not measure up	Unable to Trust
Annihilated	Failure	Not valued	Unaccepted
Anxious	Fear	Opinions not valued	Unappreciated
Apathetic	Foolish	Out of control	Unattractive
Ashamed	Forced	Overwhelmed	Unbalanced
Bad	Frustrated	Pathetic	Uncaring
Belittled	Good for nothing	Pressured	Uncared for
Betrayal	Guilty	Pressure to perform	Unclean
Betrayed	Hated	Publicly shammed	Uncomfortable
Bewildered	Helpless	Rage	Unconcerned
Bitter	Hollow	Rejected	Underappreciated
Blamed	Hopeless	Rejection	Unfairly judged
Cheap, cheated	Humiliated	Repulsed	Unfairly treated
Condemned	Hurt	Revenge	Undesirable
Confused	Hysterical	Ruined	Unfit
Conspired against	Impure	Sad	Unforgivable
Controlled	Inadequate	Scared	Unforgiven
Cornered	Indecent	Secluded	Unforgiving
Crushed	Inferior	Seduced	Unimportant
Cut off	Insecure	Self-absorbed	Unlovable
Deceived	Insignificant	Self-centered	Unloved
Defeated	Invalidated	Self-destructible	Unnecessary
Defenseless	Left out	Self-disgust	Unprotected
Defensive	Lied to	Self loathing	Unsafe
Defiled	Like trash	Shamed	Unsympathetic
Defrauded	Like garbage	Stressed	Unwanted
Degraded	Lonely	Stupid	Used
Depressed	Lost	Suffocated	Violated
Despair	Made fun of	Suicidal	Vulnerable
Despondent	Manipulated	Taken advantage of	Wasted
Destroyed	Mistreated	Taken for Granted	weak
Detested	Misunderstood	Thwarted	Wicked
Devalued	Mocked	Torn apart	Worthless
Didn't belong	Molested	Trapped	wounded
Dirty	Neglected	Trashed	
Disappointed	No good	Ugly	
Disgusted	Not being affirmed	Unable to Care	