

1. **Feel** —When X happens, I feel... → 2. **Cope** —What I normally do is...

Unloved
Unworthy
Insignificant
Alone
Worthless
Devalued
Defective
Inadequate
Rejected
Unaccepted
Unwanted
Judged
Unappreciated
Hopeless
Disrespected
Irrelevant
Betrayed

Unsafe
Insecure
Unsure
Used
Guilty
Helpless
Powerless
Out of Control
Controlled
Vulnerable
Disconnected
Unknown
Not Measuring Up
Abandoned
Invalidated
Failure
Attacked

Get Angry
Sarcastic
Fault-Finding
Harsh/Impatient
Aggressive
Sensitive
Threatening
Hold Grudges
Retaliate
Withdraw to Punish
Egocentric/Selfish
Negative
Impulsive
Escape
Unsafe
Disrespectful

Anxious
Catastrophize
Manipulative
Needy
Withdraws to Pout
Perfectionistic
Closed
Critical
Judge
Isolate/Avoid
Demanding
Defensive
Disconnect
Internalize
Addicted/Numb out
Hypervigilant

Pain Cycle