



## FORGIVENESS LIBRARY

### FEELINGS

Abused  
Afraid  
Alone  
Angry  
Attacked  
Bad  
Controlled  
Criticized  
Defensive  
Guilt  
Hopeless  
Humiliated  
Hurt  
Heartbroken  
Judged  
Inadequate  
Invalidated  
Irresponsible  
Misunderstood

Pain  
Rage  
Manipulated  
Miserable  
Resentful  
Resistant  
Outraged  
Shame  
Suspicious  
Regretful  
Rejected  
Resistant  
Uncertain  
Sad  
Stuck  
Unworthy  
Terrified  
Unappreciated  
Untrusting

Worthless  
Unfulfilled  
Unsupported  
Vulnerable  
Weak  
Wounded



## JUDGMENTS LIBRARY

### *NEGATIVE THOUGHTS OR BELIEFS I HAVE HAD ABOUT MYSELF*

Careless

Sloppy

Lazy

Selfish

Judgmental

Critical

Criticized

Fear

Ashamed

Bad

Controlled

Burdened

Guilt

Helpless

Hurt

Defiant

Insecure

Jealous

Judged

Inadequate

Angry

Negative

Numb

Invalidated

Irresponsible

Rage

Manipulated

Miserable

Resentment

Resistance

Outraged

Stupid

Sad

Stuck

Unworthy

Unappreciated

Worthless

Vulnerable

Weak

Wounded

Ugly

Not safe