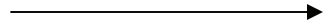
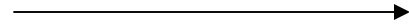


# My Attachment Pain Inventory

**BEEPS & Behaviors**



**Feelings**



**People**

When I:

Right Before I \_\_\_\_\_, I Was Feeling:

I Felt This Way Before When I Was With:

## Feeling Words

### Feelings of Fear

Apprehensive  
Cornered  
Dread  
Frightened  
Horrorified  
Mistrust  
Panicked  
Scared  
Suspicious  
Terrified  
Trapped  
Shaky  
Vulnerable

### Feelings of Anxiety

Agitated  
Alarmed  
All Knotted Up  
Anxious  
Distressed  
Frazzled  
Restless  
Insecure  
Jittery  
Nervous  
On Edge  
Restless  
Startled  
Stressed Out  
Surprised  
Tense  
Uncomfortable  
Uneasy  
Upset  
Worried

### Feelings of Anger

Angry  
Annoyed  
Aggravated  
Envious  
Fed Up  
Frustrated  
Furious  
Hate  
Hostile  
Impatient  
Indignant  
Irritated  
Jealous  
Outraged  
Provoked  
Rage  
Ready to Explode  
Resentful  
Vengeful

### Feelings of Disgust

Appalled  
Contempt  
Dismayed  
Disgusted  
Dislike  
Grossed Out  
Repulsed  
Revolted  
Sickened

### Feelings of Confusion

Baffled  
Confused  
Bewildered  
Dazed  
Hesitant  
Lost  
Perplexed  
Torn  
Spacey

### Feelings of Disconnection

Alienated  
Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Guarded  
Indifferent  
Isolated  
Numb  
Removed  
Uninterested  
Withdrawn

### Feelings of Shame

Abused  
Ashamed  
Condemned  
Empty  
Flustered  
Guilty  
Humiliated  
Hollow  
Not Good Enough  
Rejected  
Self-Conscious  
Unworthy  
Used  
Worthless

### Feelings of Sadness

Ache  
Agony  
Alone  
Anguished  
Broken  
Depressed  
Dejected  
Despondent  
Devastated  
Disappointed  
Discouraged  
Fragile  
Gloomy  
Going to Die  
Grief  
Heartbroken  
Hurt  
Lonely  
Longing  
Pining  
Regretful  
Remorse  
Sad  
Self-Pity  
Ripped Apart  
Unhappy

### Feelings of Hopeless Despair

Beat  
Burnt Out  
Depleted  
Exhausted  
Helpless  
Lethargic  
Lifeless  
Overwhelmed  
Tired  
Weary  
Worn Out  
Useless  
Helpless  
Used Up