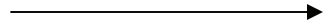
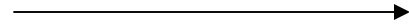


My Attachment Pain Inventory

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Withdrawn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