

Top of the Iceberg
Defensive Reactions

FIGHT

FLIGHT/ FREEZE

			Bitter		Isolate	
			Enraged		Give up	
		Irritated		"I'm Fine"		
	Resentful		Offended		Withdraw	
Self-critical			Frustrated		People-please	Stuff feelings
Jealous			Impatient		Shut-down	Resigned "I don't care"
Hostile	Angry	Self-pity			Overwhelmed	" I just want THEM to be happy"
Judgmental	"Shouldn't"	Provoked				

Regret:
 Guilty
 Remorseful

Confused:
 Hesitant
 Disillusioned
 Indecisive
 Dismayed
 Unsure

Hurt:
 Rejected
 Humiliated
 Wronged
 Unimportant
 Unappreciated
 "I don't matter"

Lack Agency:
 Stuck
 Trapped
 Put upon
 Powerless

Inadequate:
 Incapable
 Insecure
 Inferior
 Envious
 Less-than
 Embarrassed
 Shy
 Unlovable

Depressed:
 Helpless
 Hopeless
 Worthless
 Disgusting
 Ashamed

Afraid:
 Threatened
 Panicked
 Desperate
 Nervous
 Anxious
 Worried
 Fearful

Sad:
 Lonely
 Heartbroken
 Grief- stricken
 Disappointed
 Discouraged

Sorrow:
 Loss Humility
 Broken heart

Underlying
Vulnerable Emotions