

Raw Spots and Emotions

RAW SPOTS

1. Being excluded or rejected
2. Not being valued or appreciated for your work, skills, or performance
3. Having an ambition or dream that other people aren't interested in or seem to doubt your ability to achieve
4. Not acknowledging the point you're making
5. When someone turns away from you.
6. Criticizing or making jokes about something that's fundamental to who you are
7. Being told your feelings aren't valid or reasonable
8. Show of disapproval or disgust from someone who is close to you
9. Dislikes you or views you negatively
10. Communicate your needs and getting ignored, minimized, or criticized
11. Being judged as not good enough or not as good as someone else
12. When someone is trying to change you or make you into something you're not
13. Someone close to you is telling you that you don't deserve something
14. Someone is making demeaning comments about you
15. Someone close to you is being aggressive or intimidating toward you
16. Ignoring your questions, the importance of your questions or ignoring your comments

NEGATIVE EMOTIONS

Surface

- Frustrated
- Annoyed
- Irritated
- Shut Down
- Resentful
- Frozen/Numb
- Upset
- Disturbed
- Tense
- Disappointed
- Betrayed
- Angry
- Confused
- Alone
- Exhausted

Softer

- Worried
- Shaky
- Isolated
- Unimportant
- Dismissed
- Let down
- Helpless
- Hopeless
- Hurt
- Panicked
- Intimidated
- Overwhelmed
- Inadequate
- Rejected
- Abandoned
- Failing
- Embarrassed
- Defeated
- Not Heard
- Not Valued
- Desperate

Primary

- Fear
- Sad
- Shame
- Surprise

