

Appendix 25 - Negative Emotions and Feelings That Can Arise from Your Pain Experience

The feelings and emotions in the list below are many of the feelings normal to those who have suffered any or a multitude of chronic pain conditions. While these are normal feelings and reactions to chronic pain, they are important to understand, acknowledge and resolve through your healing process. Negative emotions are neither good nor bad; they are signals that something needs to be “fixed” or properly addressed.

Angry	Hypersensitive	Restless
Annoyed	Impatient	Rather be dead
Anxious	Incensed	Resentful/Resentment
Betrayed	Indifferent	Sad
Bitter	Infuriated	Scared
Conflicted	Injured	Self-pity
Confused	Insecure	Sore
Defeated	Irritated	Shamed
Depressed	Isolated	Short-tempered
Desperate	Judged	Stressed
Disconnected	Loss	Stricken
Discouraged	Lost	Terrified
Disgusted	Lonely	Tormented
Doubting	Lame	Uncertain
Empty	Mad	Uneasy
Enraged	Miserable	Unhappy
Envy	Moody	Untrusting
Fatigued	Mournful	Upset
Fear	Misunderstood	Useless
Fearful	Negative	Unconnected
Frightened	Nervous	Unforgiving
Frustrated	Overwhelmed	Vengeful
Grief	Panic	Vicious
Guilty	Pessimistic	Victimized
Helpless	Powerless	Worthless
Hopeless	Punished	Weary
Hopeless	Rage	Worried
Humiliated	Resentful	Wronged