FREEDOM FROM SEX ADDICTION FOR PARTNERS
— A Self-Help Workbook —
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Introduction

As the partner of a sex addict/possible sex addict, this workbook is designed to answer your questions about sex addiction and start you on your own healing journey.

You may or may not be interested in saving your relationship. You may not know what you want to do to take care of yourself right now. Take a deep breath – you don’t have to know your destination in order to embark on this journey. You can start wherever you are right now to: (1) learn what sex addiction is/isn’t; (2) understand the impact sex addiction has had on your life; and (3) recognize your needs and feelings and use them to take care of yourself.

Your journey may start with this workbook but this workbook alone may not be enough to create permanent, satisfying change. Addiction is an intimacy disorder, distorting or disrupting relationships. If you have lived with addiction in your intimate relationship, you may find yourself traumatized by recent discovery, and confused about how to trust yourself or others ever again. You may find you need professional help that includes individual therapy, group therapy, and/or a support group to aid you in dealing with issues that have to do with boundaries, communication, safety and respect.

We are interested in hearing from you on your journey, wherever it takes you. Please let us know how this workbook helped (or could be more helpful) by calling us at 925.280.6700 or emailing us at impulsecenter@gmail.com.

Sincerely,

The Staff at Impulse Treatment Center
CHAPTER 1

What is Sex Addiction?

Sex addiction is often viewed as an illness that shares many qualities with alcoholism and drug addiction: over time sex addicts lose control over their behavior. More and more stimulation is needed to achieve the same results. Risks mount and so do consequences. Oftentimes the addictive nature of the behavior is not noticed until the addict tries to stop or limit the substance or behavior in some way.

Sex addiction can take many forms: compulsive masturbation, compulsive use of pornography, anonymous sex, serial affairs, exhibitionism, voyeurism, frotturism (non-consensual touching/rubbing), incest and rape.

What are signs and symptoms of sex addiction?

Sex addicts often....

• Live secret lives steeped in lies and shame
• Pursue sexual interests obsessively, despite personal and financial risks
• Use sex to relieve or escape anxiety
• Find it hard to connect feelings of intimacy with sexual behaviors
• Violate their own ethical, moral and professional principles
Other signs you may notice over time ....

- Loss of control of sexual impulses
- Loss of discrimination toward sex objects or partners
- Preoccupation with the search for sexual outlets
- Increased sex drive that is neither emotionally satisfying nor pleasurable
- Ritualization resulting in a trance-like state, oblivious to negative consequences

What is the difference between a sex addict and a person with a high libido?

People with high libidos may enjoy sex frequently and in a variety of different ways. They do not hide their need for these frequent sexual encounters. They do not make promises of fidelity knowing they do not intend to keep them. They do not have secret email accounts or post their pictures on dating websites as “single and available” when they are not. They do not lie to the people they love about what they do with their free time or expose them to STDs. They do not go without food, sleep or medical care, take financial or legal risks to engage in sex.

What sign/symptoms/behaviors concern you about your husband/wife/boyfriend/girlfriend?

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How do these sign/symptoms/behaviors impact you? If you need help naming feelings, take a look at the feelings lists in the Appendix.

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CHAPTER 2

Do YOU have a problem?

The following screening questions are commonly used to help addicts gain a clearer understanding of whether or not they have a problem. YOU can use them to help clarify and validate your own sense of what is going on in your relationship.

<table>
<thead>
<tr>
<th>Does your husband/wife/friend/fiancé....</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Become irritable if sex is not available?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Defend sex as his/her most important need?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Keep secrets around pornography, chat rooms or adult websites?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Become defensive when you or others observe, &quot;All you think about is sex?&quot;</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Frequently use sex to relieve tension, cope with anxiety or manage feelings?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Lie to get sex?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Put you at risk for (or has given you) an STD?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Ignore you in order to be flirtatious or sexual with strangers?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Lie to cover up sexual acts?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Blame you for his/her sexual behavior?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Swear off certain sexual behaviors but then repeat them anyway?</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

Three “yes” answers are a standard indicator that some kind of problem exists.

It is important to note that it is not necessary for the addict to feel he/she has a problem, in order for it to be a problem for you.
The purpose of this workbook is to help YOU decide what YOU want to do about the problem in YOUR life.

The following questions can help you, as a partner, gain a clearer understanding of the impact on you of living with addiction:

<table>
<thead>
<tr>
<th>Do you ever.....</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel like a detective, hunting for information to validate your feelings that something is not right?</td>
</tr>
<tr>
<td>Believe that you are somehow to blame for his/her sexual behavior? That if you were blonder, fitter or more sexual, this problem wouldn't exist?</td>
</tr>
<tr>
<td>Forget who you are apart from the addict?</td>
</tr>
<tr>
<td>Feel resentful and/or angry that you do so much for the relationship and receive so little?</td>
</tr>
<tr>
<td>No longer trust anything you see or hear?</td>
</tr>
<tr>
<td>Feel betrayed and manipulated?</td>
</tr>
<tr>
<td>Not know what to do with your feelings?</td>
</tr>
<tr>
<td>Feel like a crazy person in the face of his/her denial, minimization or rationalization?</td>
</tr>
<tr>
<td>Feel overwhelmed by a need to be in control?</td>
</tr>
<tr>
<td>Feel forced to participate in the addict's secrets and lies?</td>
</tr>
<tr>
<td>Behave in ways that violate your own values and integrity?</td>
</tr>
<tr>
<td>Feel like your need for connection or information must be too much?</td>
</tr>
<tr>
<td>Lack a personal support system and self-care tools?</td>
</tr>
</tbody>
</table>

Once more, a “yes” to three or more of these questions indicates YOU may have a problem. **It is not necessary for the addict to feel he/she has a problem, in order for you to deal with yours.**
There are two ways partners find out about the addict’s secret life – Disclosure and Discovery.

**Disclosure** is when the addict comes to you and tells you the truth about his/her thoughts/urges/behavior. This usually happens either because the addict has advance knowledge of information coming your way, or because the addict has entered into a recovery process that requires he/she come clean.

Disclosure can come in stages (partial disclosure) or all at once (full disclosure). Many partners initially feel ambushed by unexpected disclosure. As the recovery process continues, however, many are able to also see it as an important step forward in their own and the addict’s healing process. Disclosure may or may not come at a time when you, the partner, are still willing to stick around for the healing.

**Discovery** is the process by which the partner either stumbles upon sexual secrets (for example, an open laptop or anonymous email tip) or becomes suspicious and actively starts searching phone records or computer logs. Discovery is often experienced as a traumatic event – as the partner plays detective, outrage may build that eventually crashes into the addict’s denial. Faced with the partner’s incontrovertible “proof,” the addict’s defensiveness may escalate. This highly charged couple has the potential to become a danger to each other, themselves, family and children.

Both disclosure and discovery are painful processes that can nevertheless provide the impetus for change as both parties are jolted out of their usual ways of coping – avoidance, minimization, rationalization, blame, to name a few. An opening for honest dialogue and the decision to get help can often be the result.

It is important for both members of the couple to start speaking honestly and get help if the relationship is going to survive (or even if it isn't).
Understanding triggers

When either discovery or disclosure results in the addict seeking help, the partner is left in a difficult position. The partner may want to support the addict in seeking recovery (either in hopes of saving the relationship, or for the emotional well being of children) but strong feelings of anger and betrayal are hard to contain.

A partner may manage feelings on a day-to-day basis but the phenomenon of triggers can make it difficult to prepare for the sudden surge of feelings “triggered” by an intrusive thought or memory about the addict’s secrets and lies.

What is happening to me when I am triggered?

In the wake of the drama of discovery or disclosure, it is common for partners to react automatically or impulsively from a place of betrayal and hurt, and be unaware of their arousal patterns and responses.

Look back at your last three triggers and fill in the chart below.

<table>
<thead>
<tr>
<th>Where/When/What</th>
<th>Feelings Before</th>
<th>Feelings After</th>
<th>Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drove past massage parlor on way to pick up kids.</td>
<td>Numb. Focused on, kids and driving.</td>
<td>Angry, sad, outraged. How could he?</td>
<td>Told husband I was angry: he got defensive. Huge fight, threatened divorce, kids scared, feeling hopeless.</td>
</tr>
</tbody>
</table>

1.  
2.  
3.  

It may be helpful to use this chart, or one like it, to track your triggers for a period of time. Tracking triggers offers important insights into the feelings you are having, the ways you deal with those feelings, and helps you become aware of choices you might make for self-care that don’t come with negative consequences for yourself and others.
You have a right to be angry. Now what?

Anger is an important emotion. It is one of the first indicators that our boundaries have been violated. Everyone has boundaries, however many people are only aware of them when they have been crossed.

For partners, it is important to gain a sense of personal boundaries so that you can transform the energy of anger into solutions that protect and support you.

Anger that tries to hurt or control others – screaming, swearing, slamming doors or making threats – may feel good for the moment, but ultimately creates more problems than it solves.

Anger that gets turned inward – into hopelessness, depression and/or collapse – likewise solves nothing and goes nowhere.

Acknowledging your anger when it is not red-hot, and using it to let someone else know how his/her behavior has impacted you, is the most helpful way to create change.

If your anger does not create change – if it cannot be heard, if the impact of someone else’s behavior on you is denied, or if you are blamed for being the cause of the problem – then you have more information to take into account about the relationship you have chosen.

Take a moment to write about how you would like your anger to support and protect you:

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What are boundaries?

Boundaries define our personal space. They help us create safety and take care of ourselves. Depending on the family we grew up in, we may not have been given this important message: *Only we get to determine what is acceptable and what is not acceptable within our personal space.*

In taking control of our personal space, however, it is important to remember that we do not have control over other people, although at times we may feel like we ought to or that the world would be a better place if we did. It is not going to prove helpful to say to others, “You can’t do that” when indeed, they can. We can only let our loved ones know how their behavior impacts us, and how we plan to take care of ourselves around them from now on.

We show them we are serious about protecting our space by going for a walk when disagreements start escalating, or practicing neutral responses to defensive tirades. We start going to other people for emotional support when our loved one denies our reality, fails to respect our feelings or blames.

The first step in having boundaries is to know *we have the right to take care of ourselves and to get our needs met.*

The following “Needs Inventory” is adapted from the Center for Nonviolent Communication as a starting place for anyone who wishes to engage in a process of deepening self-discovery and self-care in relationship with others. *As you read through this list, circle the needs that ARE being met in your life.*

<table>
<thead>
<tr>
<th>CONNECTION</th>
<th>HONESTY</th>
<th>AUTONOMY</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>acceptance</td>
<td>authenticity</td>
<td>choice</td>
<td>aliveness</td>
</tr>
<tr>
<td>affection</td>
<td>integrity</td>
<td>freedom</td>
<td>awareness</td>
</tr>
<tr>
<td>appreciation</td>
<td>presence</td>
<td>independence</td>
<td>celebration of life</td>
</tr>
<tr>
<td>belonging</td>
<td>congruence</td>
<td>space</td>
<td>challenge</td>
</tr>
<tr>
<td>cooperation</td>
<td></td>
<td></td>
<td>competence</td>
</tr>
<tr>
<td>communication</td>
<td></td>
<td></td>
<td>contribution</td>
</tr>
<tr>
<td>closeness</td>
<td></td>
<td></td>
<td>creativity</td>
</tr>
<tr>
<td>community</td>
<td></td>
<td></td>
<td>discovery</td>
</tr>
<tr>
<td>companionship</td>
<td></td>
<td></td>
<td>effectiveness</td>
</tr>
<tr>
<td>compassion</td>
<td></td>
<td></td>
<td>growth</td>
</tr>
<tr>
<td>consideration</td>
<td></td>
<td></td>
<td>hope</td>
</tr>
<tr>
<td>consistency</td>
<td></td>
<td></td>
<td>learning</td>
</tr>
<tr>
<td>empathy</td>
<td></td>
<td></td>
<td>mourning</td>
</tr>
<tr>
<td>security</td>
<td></td>
<td></td>
<td>purpose</td>
</tr>
<tr>
<td>stability</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>to know and be known</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>to see and be seen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>to understand and be understood</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PHYSICAL WELL-BEING**

- trust
- warmth
- intimacy
- love
- nurturing
- respect/self-respect
- safety

**PLAY**

- joy
- adventure
- laughter
- spontaneity
- wonder

**PEACE**

- beauty
- communion
- ease
- equality
- harmony
- inspiration
- order

*(c) 2005 by Center for Nonviolent Communication*
Now go through the list and write down the needs that AREN’T being met in your life.

My unmet needs:

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Was there a time in your life when these needs WERE being met? When did you stop noticing that they weren’t?

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Make a list of feelings you have about these needs that have gone unmet for so long. If you need help with feeling words, take a look at the list in the Appendix to this workbook.

Feelings about my unmet needs:

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We start to have boundaries when we become aware of our needs and can name our feelings -- an important form of internal communication. By communicating with ourselves in this way, we stop being victims and start taking responsibility for our lives.

Setting a boundary is not about being aggressive or in control of the addict (or anyone else); it is about selfcare. We will not always get what we want from other people. They will not always be happy with our decision to put our own needs ahead of theirs. But we find that we do not need to protect other adults from inconvenience or disappointment.

Having good boundaries is the only way to have healthy reciprocal relationships in which both parties get their needs met.
Leaving as a solution

In the world of addiction, leaving is a common reaction to uncomfortable feelings. It is a kind of “ultimate” boundary. But leaving only leaves the addict behind. It does not address the issue of how to be in an intimate relationship AND take care of yourself at the same time.

Without adequate understanding of yourself and the impact of addiction on your life, experience shows that you are likely to find yourself living out one of two extremes: isolated from others, or in unhappy relationship with another addict.

The decision to leave is more likely to result in healing for you if you take time to process and think about your decision.

Use this chart to list the pros and cons of leaving as a solution:

<table>
<thead>
<tr>
<th>What I gain by leaving as a solution</th>
<th>What I lose by leaving as a solution</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Whether you ultimately decide to stay or go, it is helpful to take a look at your needs list. What kinds of boundaries would help you start meeting those needs? (Remember, boundaries are about how you choose to take care of yourself, not about what someone else can or cannot do.)
Creating Lasting Change

Regardless of whether you decide to stay or leave the relationship, your self-care in the wake of discovery/disclosure is crucial to your future as a whole, healthy human being.

Your support team

Everyone needs people to talk to honestly about their feelings and experience, people who will not judge them or give them unwanted or inappropriate advice. This last part is particularly important which is why it is highlighted. Good support is not about opinions or advice. It is about compassionate listening.

List the people in your life who can listen to your pain and anger, and offer support, kindness and caring to you right now:

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Impulse Treatment Center • (925) 280-6700 • www.impulsetreatmentcenter.com
Offering comfort to yourself

The recovery path for partners is usually likened to an ocean of feelings. The tide comes in and out on its own rhythms. You may feel stable and centered one moment, and then the next find yourself brought to your knees with grief or rage.

Sometimes what brings you to your knees will be external (being triggered by a memory, a discovery anniversary, or behavior). Sometimes it will be an old irrational thought: *My needs will never get met. No one else will ever love me. If I don’t put up with the addict, I will be alone forever.*

When you are in a stable place, it may be helpful to make a list of comforting things you can do for yourself when you are not. Suggestions that have worked for other partners include: *a walk in nature, a bubble bath, time with a pet, physical exercise, journaling, gratitude lists, talking with a member of your support team, wrapping up in a blanket and drinking tea, prayer, meditation, reading calming books.*

Create your own comfort list here:

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Now post a copy of your list somewhere you can see when you find yourself lost or upset.

Rebuilding trust

Learning to trust can be one of life's biggest challenges. If you grew up in a family where you learned to deny what you felt, saw or heard — where you were forced to trust people who repeatedly disappointed or hurt you — you may have lost track of how to evaluate trust-worthiness. You may have even forgotten you have the right! Trust becomes something you automatically give, then wait to have it handed back to you, oftentimes in pieces.

Having guidelines for who to trust is an important first step in regaining trust in yourself and your own powers of judgment and observation. Only then can you begin the process of allowing others to earn trust from you. Trust is never something to be given upon first contact.
Here are some guidelines to begin the process.

**Trustworthy people . . .**

… are truthful. They do not knowingly withhold important information or defend their actions by saying they just didn’t want to get you upset.

… are congruent. They do not say one thing and do another. You can count on their behavior matching their words.

… keep their promises. They can be relied on to do what they say they will do, including keeping their commitments and being on time.

… are loyal. They do not gossip or share information that belongs to someone else.

… know they don’t always have all the answers. They value the viewpoints of others while staying committed to their own values.

… take responsibility for themselves and their mistakes. They do not make excuses or blame others. They freely apologize when they realize they are wrong.

… communicate clearly and directly. They do not use guilt or manipulation to get what they want. They can say “no” when they aren’t willing to do something, and accept your right to say “no” as well.

**Your healing journey**

It is important to remember that healing is within all of us. Part of being a human being is being born with the potential to heal. With enough support and nurturing, healing is as natural a process as breathing or aging.

The best news is, you can start anywhere. It’s not about finding the “right” time or making the “right” choice, or doing anything perfectly. As long as whatever you choose keeps you headed towards healing, it counts.

Look back at your list of boundaries, needs and self-comfort skills. Pick one small thing to try today. Be curious. Be open.

**Today I will:**
The Persian mystic Rumi wrote, “Where there is ruin, there is hope for a treasure.”

As you continue on your healing journey, know that you may face many obstacles. You may find yourself angrier or sadder than you expected yourself to be. Triggers may continue to pop up unexpectedly. Mistrust may linger far longer than is comfortable, especially if you have decided to stay.

You never would have chosen to be married to/living with/in relationship with a sex addict, but this is what you are dealing with now. You have the choice to learn and grow from your experience.

Honor your process.

Learn from your feelings.

Practice good boundaries.

Use your support team.

Remember to take it one day at a time.
As stated previously, this workbook alone may not be enough to create permanent, satisfying change. If you have tried some of the techniques listed in these pages and are still struggling, then you may need additional help. Here are some resources that support change:

**Books**


*Deceived: Facing Sexual Betrayal, Lies and Secrets* (2009) Claudia Black, Ph.D

*Your Sexually Addicted Spouse: How partners can cope and heal* (2009) Barbara Steffens and Marsha Means

*Mending the Shattered Heart* (2007) Stephanie Carnes

*Lonely All the Time: Recognizing, Understanding and Overcoming Sex Addiction for Addicts and Codependents* (1998) Ralph Earle and Gregory Crow

*Love You, Hate the Porn: Healing a Relationship Damaged by Virtual Infidelity* (2011) Mark Chamberlain and Geoff Steurer

**Not specifically for partners of sex addicts, but also helpful:**


*Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* (1987) Melody Beattie


*The Verbally Abusive Relationship: How to Recognize It and How to Respond* (1992) Patricia Evans

*Struggle for Intimacy* (1990) Janet Woititz, Ed.D.
Online and 12-Step resources

**Codeps.org** — Online recovery support community for partners of sex addicts

**COSA (Co-Sex Addicts Anonymous)** — [www.cosa-recovery.org](http://www.cosa-recovery.org) 12-Step Group for partners and families of sex-addicts

**S-Anon (Alanon for Co-Sex Addicts)** — [www.sanon.org](http://www.sanon.org) 12-Step Group for partners and families of sex-addicts

**RCA (Recovering Couples Anonymous)** — [www.recovering-couples.org](http://www.recovering-couples.org) 12-Step Group for couples recovering from sex addiction (and other addictions)

**Sex Addiction Treatment for Partners**

**Impulse Treatment Center** [www.impulsetreatmentcenter.com](http://www.impulsetreatmentcenter.com)

Northern California’s oldest and largest outpatient treatment center

**Society for Advancement of Sexual Health (SASH)** [www.sash.net](http://www.sash.net)

National organization of professionals working with sex addiction, includes referral base and research/articles

**The Meadows** [www.themeadows.org](http://www.themeadows.org)

Inpatient Sex Addiction Treatment Center in Wickenburg, Arizona connected to Pia Melody, Claudia Black, Terrance Real, et al.

**Pine Grove** [www.pinegrove-treatment.com](http://www.pinegrove-treatment.com)

Inpatient treatment program for sex addiction in Hattiesburg, Mississippi

**Center for Healthy Sex** [www.thecenterforhealthysex.com](http://www.thecenterforhealthysex.com)

Intensive outpatient treatment for partners in Southern California

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Inspired by Dr. Rory Reid and the workbook "Freedom from Problem Gambling" created by the UCLA Gambling Studies Program and the California Office of Problem and Pathological Gambling, Department of Alcohol and Drug Programs, State of California.
### Feelings when your needs are satisfied

**AFFECTIONATE**
compassionate
friendly
loving
open hearted
sympathetic
tender
warm

**ENGAGED**
absorbed
alert
curious
grossed
enthralled
fascinated
interested
intrigued
involved
spellbound
stimulated

**HOPEFUL**
eager
ergentic
enthusiastic
enraged
invigorated
lively
passionate
surprised
vibrant

**GRATEFUL**
appreciative
moved
thankful
touched

**EXCITED**
amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

**EXHILARATED**
blissful
eccentric
elated
enthralled
exuberant
radiant
rapturous
thrilled

**PEACEFUL**
calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

**REFRESHED**
enlivened
rejuvenated
renewed
rested
restored
revived

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APPENDIX

Feelings when your needs are not satisfied

AFRAID
apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVersion
animosity
appalled
contempt
disgusted
dislike
hat
horrid
hostile
repulsed

CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled

torn

DISCONNECTED
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed

uninterested
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

PAIN
agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD
depicted
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
hurt
lonely
melancholy
unhappy
wretched

TENSE
anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING
envious
jealous
longing
nostalgic
pining
wistful