**Vulnerable Feelings**

Unloved

} Love

Unlovable

Misunderstood

Unwanted

Rejected

} Acceptance

Unacceptable

Abandoned

Forgotten

Worthless

Unimportant

} Value / Worth

Insignificant

Devalued

Shame

Vulnerable

Exposed

} Security

Humiliated

Insecure

Helpless

Inadequate

Inferior

} Adequacy

Failure

Incapable

Stupid

Incompetent

\* Vulnerable Feelings are emotions that we experience based on the beliefs we have in our heart

\* ”Emotional Reactions” like anger, hurt, disappointment, sadness, depression, etc., provide a false layer of protection by masking our vulnerable feelings and God-given needs.