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**Some Terms for Mental, Emotional, and Spiritual Trauma That May Be Experienced by Children and Adults.**

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Abandonment

Neglect

Abuse: Physical — spanking, beating, torture, sexual, etc.

Mental — covert sexual (see below)~

Emotional — (see below)

Spiritual — (see below and text)

Shaming

Humiliating

Degrading

Inflicting guilt

Criticizing

Disgracing

Joking about

Laughing at

Teasing

Manipulating

Deceiving

Tricking

Betraying

Hurting

Being Cruel

Belittling

Intimidating

Patronizing

Threatening

Inflicting fear

Overpowering or bullying

Controlling

Limiting

Withdrawing/

Withholding love

Not taking seriously

Discrediting

Invalidating

Misleading

Disapproving

Making light of or minimizing  
your feelings, wants, or needs

Breaking promises

Raising hopes falsely

Responding inconsistently or  
arbitrarily

Making vague demands

Stifling

Saying "you shouldn't . . . feel  
such & such, e.g., anger"

Saying "If only . . . e.g., you were  
better or different" or

"You should . . . e.g., be better  
or different"

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**Some Feelings and Their Opposites (Compiled in part from Rose et al., 1972)**

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**Painful**

Fear

Anger

Sadness

Hate

Loneliness

Hurt

Boredom

Frustration

Inferiority

Suspicion

Repulsion

Shyness

Confusion

Rejection

Unfulfillment

Weakness

Guilt

Shame

Emptiness

**Joyful**

Hope

Affection

Joy

Love

Community

Relief

Involvement

Contentment

Equality

Trust

Attraction

Curiosity

Clarity

Support

Satisfaction

Strength

Innocence

Pride

Contentment

Fulfillment