BIG Feelings

Defining Fearful

FEARFUL

A general sense of dread or apprehension about danger or harm

Scared

A sudden fear in response to an immediate threat

Helpless

Feeling powerless or unable to protect oneself in a dangerous or overwhelming situation

Frightened

An intense feeling of alarm or terror triggered by something startling or threatening

Threatened

Fear arising from a perceived danger to one's safety, well-being, or status

Intimidated

Feeling dominated or pressured by fear of someone or something more powerful

Exposed

Feeling vulnerable or unprotected due to a loss of privacy, security, or protection

Insecure

Feeling uncertain or lacking confidence in oneself, abilities, or relationships

Inferior

Feeling less worthy or capable than others, often due to comparison

Inadequate

Feeling insufficient or unqualified to meet expectations, leading to self-doubt

Anxious

Feeling uneasy or worried about something uncertain, uncontrollable, or potentially harmful

Overwhelmed

Feeling unable to cope due to intense emotions, excessive demands, or sensory overload

Worried

Feeling concerned or uneasy about potential problems or outcomes

Horrified

Feeling shocked or terrified by something disturbing, grotesque, or morally appalling

Panic

Feeling sudden and intense fear, often with a loss of control or rationality

Mortified

Feeling deeply embarrassed or ashamed, often due to a social mistake or public failure

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