

Who did it? Use this Key: **F** = Father figure, **M** = Mother figure, **Sp** = Spouse/Significant Other, **S/F** = Sibling/Friend, **O** = Other

Action	Who?	Emotion(s)	R & R	Redeemed Timeline	Scripture
Makes me feel unimportant					
No time for me					
Doesn't care about my life					
Doesn't care about my feelings					
Doesn't take care of my needs					
Critical					
Judgmental					
Physically abusive					
Verbally abusive					
Doesn't keep promises					
Never satisfied					
Hard to talk to					
Bad temper/anger problem					
Makes me feel rejected					
Abandoned					
Neglected					
Ignored					

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Action		Emotion(s)	R & R	Redeemed Timeline	Scripture
Disappointed in me					
Doesn't like me					
Forgotten					
Unloved					
Misunderstood					
Hard to please					
Unworthy					
Unappreciated					
Harsh and demanding					
Selfish/self-centered					
Does not communicate					
Offends me					