

Faux Feelings - What you think others are doing TO you

Suggested Feelings & Needs Beneath Evaluative Words Frequently Confused with Emotions

These feelings and needs are suggestions only: this listing is neither complete nor definitive. It is intended as an aid to translating words, which are often confused with feelings. These words imply that someone is doing something to you and generally connote wrongness or blame. To use this list: when somebody says "I'm feeling rejected," we might empathically translate this as: "Are you feeling scared because you have a need for inclusion?"

– Wisconsin International Intensive Training Participants, April 2000. – Edited by Susan Skye

Evaluative Word	Primary Feeling (s)	Underlying Need (s)
Abandoned	Terrified, hurt, bewildered, sad, frightened, lonely	Nurturing, connection, belonging, support, caring
Abused	Angry, frustrated, frightened	Caring, nurturing, support, emotional or physical wellbeing, consideration. Need for all living things to flourish.
(Not) accepted	Upset, scared, lonely	Inclusion, connection, community, belonging, contribution, peer respect.
Attacked	Scared, angry	Safety
Belittled	Angry, frustrated, tense, distressed	Respect, autonomy, to be seen, to be visible, acknowledgment, appreciation.
Betrayed	Angry, hurt, disappointed, enraged	Trust, dependability, honesty, honour, commitment, clarity.
Blamed	Angry, scared, confused, antagonistic, hostile, bewildered, hurt	Accountability, causality, fairness, justice.
Bullied	Angry, scared, pressured	Autonomy, choice, safety, consideration
Caged, trapped, boxed in	Angry, thwarted, scared, anxious	Autonomy, choice, freedom
Cheated	Hurt, angry	Honesty, fairness, justice, trust reliability
Coerced	Frustrated, frightened, thwarted, scared	Choice, autonomy, freedom. Act freely, choose freely
Cornered	Scared, anxious, thwarted	Autonomy, freedom
Criticised	In pain, scared, anxious, frustrated, humiliated, embarrassed	Understanding, acknowledgment, recognition, respect
Discounted / diminished	Hurt, angry, embarrassed, frustrated	Need to matter, acknowledgment, inclusions, recognition, respect
Disliked	Sad, lonely, hurt, anxious	Connection, appreciation, understanding, acknowledgment, friendship, inclusion
Distrusted	Sad, frustrated	Trust, honesty
Dumped on	Angry, overwhelmed	Respect, consideration, peace
Excluded	Sad, lonely, anxious	Inclusion, belonging, community, connection
Harassed	Angry, frustrated, frightened, anxious	Respect, space. Consideration, peace
Hassled	Irritated, distressed, angry, frustrated	Serenity, autonomy, do things at my own pace and in my own way, calm, space
Ignored	Lonely, scared, hurt, sad, embarrassed	Connection, belonging, inclusion, community, participation, communication, to be heard

Insulted	Embarrassed, angry	Respect, consideration, acknowledgment, recognition
Interrupted	Frustrated, hurt	Respect, consideration, to be heard
Intimidated	Anxious, scared	Safety, equality, empowerment
Invalidated	Hurt, frustrated, angry	Appreciation, respect, acknowledgment, recognition
Invisible	Sad, lonely, scared	To be seen and heard, inclusion, belonging, community
Left out	Sad, lonely, anxious	Inclusion, belonging, community, connection
Let down	Disappointed, frightened, sad	Consistency, trust, support, dependability
Manipulated	Scared, powerless, frustrated, thwarted	Autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness
Marginalised	Frustrated, sad, lonely, distressed	Inclusion, belonging, community, connection
Mistrusted	Sad, disappointed	Trust
Misunderstood	Frustrated, upset	To be heard, understanding, clarity
Neglected	Lonely, scared, anxious	Connection, inclusion, participation, community, care, mattering, consideration
Overpowered	Helpless, confused, anxious	Equality, justice, autonomy, freedom
Overworked	Tired, frustrated, exhausted	Respect, consideration, rest, caring
Patronised	Frustrated, annoyed, stressed	Recognition, equality, equity, respect, mutuality
Pressured	Anxious, overwhelmed	Relaxation, clarity, space, consideration
Provoked	Frustrated, angry	Respect, consideration
Put down	Embarrassed, sad, annoyed	Respect, acknowledgment, understanding
Rejected	Hurt, scared, sad, disappointed	Belonging, inclusion, closeness, to be seen, acknowledgment, trust
Ripped off/screwed	Disappointment, anger	Consideration, justice, fairness, acknowledgment, recognition, consideration
Smothered, suffocated	Frustrated, fear, desperation	Space, freedom, autonomy, authenticity, self, expression
Taken for granted	Sad, hurt, angry, disappointed	Appreciation, acknowledgment, recognition, consideration
Threatened	Scared, frightened, alarmed, agitated, anxious	Safety, autonomy
Trampled	Frustrated, overwhelmed	Empowerment, connection, community, being seen, consideration, equality, equity, respect, acknowledgment
Tricked	Embarrassed, resentful	Integrity, trust, honesty
Unappreciated	Sad, hurt, frustrated	Appreciation, respect, acknowledgment, consideration
Unheard	Sad, frustrated	Understanding, consideration, empathy
Unloved	Bewildered, sad, frustrated	Love, appreciation, empathy, connection, community
Unseen	Sad, anxious, frustrated	Acknowledgment, appreciation, be heard
Unsupported	Sad, hurt	Support, understanding, cooperation
Unwanted	Sad, anxious, frustrated	Belonging, inclusion, caring
Used	Sad, angry, resentful	Autonomy, equality, consideration, mutuality
Victimised	Frightened, helpless	Empowerment, mutuality, safety, justice
Violated	Sad, agitated, anxiety	Privacy, safety, trust, space, respect
Wronged	Hurt, irritated, resentful	Respect, justice, trust, safety, fairness