

Differentiating Between Feelings And Faux Feelings

These feelings and needs are suggestions only; this listing is neither complete nor definitive. It is intended as an aid to translating words that 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,” you might translate this as: “Are you feeling scared because you have a need for inclusion?”

| Faux Feeling | Feeling(s) | 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, acknowledgment, appreciation |
| Betrayed | Angry, hurt, disappointed, enraged | Trust, dependability, honesty, honor, commitment, clarity |
| Blamed | Angry, scared, confused, antagonistic, hostile, bewildered, hurt | Accountability, causality, fairness, justice |
| Bullied | Angry, scared, pressured | Autonomy, choice, safety, consideration |
| Caged/ boxed in | Angry, thwarted, scared, anxious | Autonomy, choice, freedom |
| Cheated | Resentful, hurt, angry | Honesty, fairness, justice, trust, reliability |
| Coerced | Angry, frustrated, frightened, thwarted, scared | Choice, autonomy, freedom, act freely, choose freely |
| Cornered | Angry, scared, | Autonomy, freedom |

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| Faux Feeling | Feeling(s) | Need(s) |
|-----------------------|--|---|
| | anxious, thwarted | |
| Criticized | In pain, scared, anxious, frustrated, humiliated, angry, embarrassed | Understanding, acknowledgement, recognition, accountability, non-judgmental communication |
| Discounted/diminished | Hurt, angry, embarrassed, frustrated | Need to matter, acknowledgment, inclusions, recognition, respect |
| Disliked | Sad, lonely, hurt | Connection, appreciation, understanding acknowledgment, friendship, inclusion |
| Distrusted | Sad, frustrated | Trust, honesty |
| Dumped on | Angry, overwhelmed | Respect, consideration |
| Harassed | Angry, frustrated, pressured, frightened | 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 |
| Insulted | Angry, embarrassed | Respect, consideration, acknowledgment, recognition |
| Interrupted | Angry, frustrated, resentful, hurt | Respect, to be heard, consideration |
| Intimidated | Scared, anxiety | Safety, equality, empowerment |
| Invalidated | Angry, hurt, resentful | Appreciation, respect, acknowledgment, recognition |
| Invisible | Sad, angry, lonely, scared | To be seen and heard, inclusion, belonging, community |
| Isolated | Lonely, afraid, scared | Community, inclusion, belonging, contribution |
| Left out | Sad, lonely, anxious | Inclusion, belonging, community, connection |
| Let down | Sad, disappointed, frightened | Consistency, trust, dependability, consistency |
| Manipulated | Angry, scared, powerless, thwarted, frustrated | Autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness |
| Mistrusted | Sad, angry | Trust |
| Misunderstood | Upset, angry, frustrated | To be heard, understanding, clarity |

Differentiating Between Feelings and Faux Feelings

| Faux Feeling | Feeling(s) | Need(s) |
|--------------------------|---|--|
| Neglected | Lonely, scared | Connection, inclusion, participation, community, care, mattering, consideration |
| Overpowered | Angry, impotent, helpless, confused | Equality, justice, autonomy, freedom |
| Overworked | Angry, tired, frustrated | Respect, consideration, rest, caring |
| Patronized | Angry, frustrated, resentful | Recognition, equality, respect, mutuality |
| Pressured | Anxious, resentful, overwhelmed | Relaxation, clarity, space, consideration |
| Provoked | Angry, frustrated, hostile, antagonistic, resentful | Respect, consideration |
| Put down | Angry, sad, embarrassed | Respect, acknowledgment, understanding |
| Rejected | Hurt, scared, angry, defiant | Belonging, inclusion, closeness, to be seen, acknowledgment, connection |
| Ripped off/ screwed | Anger, resentment, disappointment | Consideration, justice, fairness, justice acknowledgment, trust |
| Smothered/ suffocated | Frustrated, fear, desperation | Space, freedom, autonomy, authenticity, self expression |
| Taken for granted | Sad, angry, hurt, disappointment | Appreciation, acknowledgment, recognition, consideration |
| Threatened | Scared, frightened, alarmed, agitated, defiant | Safety, autonomy |
| Trampled | Angry, frustrated, overwhelmed | Empowerment, connection, community, being seen, consideration, equality, respect, acknowledgment |
| Tricked | Embarrassed, angry, resentful | Integrity, trust, honesty |
| Unappreciated | Sad, angry, hurt, frustrated | Appreciation, respect, acknowledgment, consideration |
| Unheard | Sad, hostile, frustrated | Understanding, consideration, empathy |
| Unloved | Sad, bewildered, frustrated | Love, appreciation, empathy, connection, community |
| Unseen | Sad, anxious, | Acknowledgment, appreciation, be heard |

Differentiating Between Feelings and Faux Feelings

| Faux Feeling | Feeling(s) | Need(s) |
|---------------------|-----------------------------------|--|
| | frustrated | |
| Unsupported | Sad, hurt, resentful | Support, understanding |
| Unwanted | Sad, anxious, frustrated | Belonging, inclusion, caring |
| Used | Sad, angry, resentful | Autonomy, equality, consideration, mutuality |
| Victimized | Frightened, helpless | Empowerment, mutuality, safety, justice |
| Violated | Sad, agitated, anxiety | Privacy, safety, trust, space, respect |
| Wronged | Angry, hurt, resentful, irritated | Respect, justice, trust, safety, fairness |