

Differentiating Between Feelings and Faux Feelings Handout

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+d:d
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, anxious, thwarted	autonomy, freedom
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



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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	sad, angry, lonely, scared	to be seen and heard, inclusion, belonging, community
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
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



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Faux Feeling	Feeling(s)	Need(s)
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, acknowledgement, 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, frustrated	acknowledgment, appreciation, be heard
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

