

## *Appendix C: Feelings Versus Evaluations*

### *Masquerading as Feelings*

Evaluative Word	Feeling(s)	Need(s)
<b>abandoned</b>	terrified, hurt, bewildered, sad, frightened, lonely	nurturing, connection, belonging, support, caring
<b>abused</b>	angry, frustrated, frightened	caring, nurturing, support, emotional or physical well-being, consideration, for all living things to flourish
<b>(not) accepted</b>	upset, scared, lonely	inclusion, connection, community, belonging, contribution, peer respect
<b>attacked</b>	scared, angry	safety
<b>belittled</b>	angry, frustrated, tense, distressed	respect, autonomy, to be seen, acknowledgment, appreciation
<b>betrayed</b>	angry, hurt, disappointed, enraged	trust, dependability, honesty, honor, commitment, clarity
<b>blamed</b>	angry, scared, confused, antagonistic, hostile, bewildered, hurt	accountability, causality, fairness, justice
<b>bullied</b>	angry, scared, pressured	autonomy, choice, safety, consideration
<b>caged/boxed in</b>	angry, thwarted, scared, anxious	autonomy, choice, freedom
<b>cheated</b>	resentful, hurt, angry	honesty, fairness, justice, trust, reliability
<b>coerced</b>	angry, frustrated, frightened, thwarted, scared	choice, autonomy, freedom (to act freely, to choose freely)

<b>Evaluative Word</b>	<b>Feeling(s)</b>	<b>Need(s)</b>
<b>cornered</b>	angry, scared, anxious, thwarted	autonomy, freedom
<b>criticized</b>	in pain, scared, anxious, frustrated, humiliated, angry, embarrassed	understanding, acknowledgment, recognition, accountability, nonjudgmental communication
<b>discounted/ diminished</b>	hurt, angry, embarrassed, frustrated	acknowledgment, inclusion, recognition, respect, to matter
<b>disliked</b>	sad, lonely, hurt	connection, appreciation, understanding, acknowledgment, friendship, inclusion
<b>distrusted</b>	sad, frustrated	trust, honesty
<b>dumped on</b>	angry, overwhelmed	respect, consideration
<b>harassed</b>	angry, frustrated, pressured, frightened	respect, space, consideration, peace
<b>hassled</b>	irritated, distressed, angry, frustrated	serenity, autonomy, to do things at my own pace and in my own way, calm, space
<b>ignored</b>	lonely, scared, hurt, sad, embarrassed	connection, belonging, inclusion, community, participation
<b>insulted</b>	angry, embarrassed	respect, consideration, acknowledgment, recognition
<b>interrupted</b>	angry, frustrated, resentful, hurt	respect, to be heard, consideration
<b>intimidated</b>	scared, anxious	safety, equality, empowerment

<b>Evaluative Word</b>	<b>Feeling(s)</b>	<b>Need(s)</b>
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
neglected	lonely, scared	connection, inclusion, participation, community, care, to matter, 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

<b>Evaluative Word</b>	<b>Feeling(s)</b>	<b>Need(s)</b>
<b>provoked</b>	angry, frustrated, hostile, antagonistic, resentful	respect, consideration
<b>put down</b>	angry, sad, embarrassed	respect, acknowledgment, understanding
<b>rejected</b>	hurt, scared, angry, defiant	belonging, inclusion, closeness, to be seen, acknowledgment, connection
<b>ripped off/ screwed</b>	anger, resentment, disappointed	consideration, justice, fairness, acknowledgment, trust
<b>smothered/ suffocated</b>	frustrated, fear, desperation	space, freedom, autonomy, authenticity, self-expression
<b>taken for granted</b>	sad, angry, hurt, disappointed	appreciation, acknowledgment, recognition, consideration
<b>threatened</b>	scared, frightened, alarmed, agitated, defiant	safety, autonomy
<b>trampled</b>	angry, frustrated, overwhelmed	empowerment, connection, community, to be seen, consideration, equality, respect, acknowledgment
<b>tricked</b>	embarrassed, angry, resentful	integrity, trust, honesty
<b>unappreciated</b>	sad, angry, hurt, frustrated	appreciation, respect, acknowledgment, consideration
<b>unheard</b>	sad, hostile, frustrated	understanding, consideration, empathy

<b>Evaluative Word</b>	<b>Feeling(s)</b>	<b>Need(s)</b>
<b>unloved</b>	sad, bewildered, frustrated	love, appreciation, empathy, connection, community
<b>unseen</b>	sad, anxious, frustrated	acknowledgment, appreciation, to be seen and heard
<b>unsupported</b>	sad, hurt, resentful	support, understanding
<b>unwanted</b>	sad, anxious, frustrated	belonging, inclusion, caring
<b>used</b>	sad, angry, resentful	autonomy, equality, consideration, mutuality
<b>victimized</b>	frightened, helpless	empowerment, mutuality, safety, justice
<b>violated</b>	sad, agitated, anxious	privacy, safety, trust, space, respect
<b>wronged</b>	angry, hurt, resentful, irritated	respect, justice, trust, safety, fairness

\*This list was developed in the April 2000 Wisconsin International Intensive, edited by Susan Skye.