

Faux Feelings

imply that someone is doing something to you and often connote wrongness or blame

Evaluations masquerading as feelings

Faux feeling

Abandoned
Abused
(Not) accepted
Attacked
Belittled
Betrayed
Blamed
Bullied
Cheated
Coerced
Cornered
Criticized
Discounted
Disliked
Distrusted
Dumped on
Harassed
Hassled
Ignored
Insulted
Interrupted
Intimidated
Invalidated
Invisible
Isolated
Left Out
Let down
Manipulated
Mistrusted
Misunderstood
Neglected
Overpowered
Overworked
Patronized
Pressured
Provoked
Put down
Rejected
Ripped off/Screwed
Smothered/Suffocated
Taken for granted
Threatened
Trampled
Tricked
Unappreciated
Unheard
Unloved
Unseen
Unsupported
Unwanted
Used
Victimized
Violated
Wronged

Feelings

Terrified, hurt, bewildered, sad, frightened, lonely
Angry, frustrated, frightened
Upset, scared, lonely
Scared, angry
Angry, frustrated, tense, distressed
Angry, hurt, disappointed, enraged
Angry, scared, confused, antagonistic, hostile
Angry, scared, pressured
Resentful, hurt, angry
Angry, frustrated, frightened, thwarted, scared
Angry, scared, anxious, thwarted
In pain, scared, anxious, humiliated
Hurt, angry, embarrassed, frustrated
Sad, lonely, hurt
Sad, frustrated
Angry, overwhelmed
Angry, frustrated, pressured, frightened
Irritated, distressed, angry, frustrated
Lonely, scared, hurt, sad, embarrassed
Angry, embarrassed
Angry, frustrated, resentful, hurt
Scared, anxious
Angry, hurt, resentful
Sad, angry, lonely, scared
Lonely, afraid, scared
Sad, lonely, anxious
Sad, disappointed, frightened
Angry, scared, powerless, thwarted, frustrated
Sad, angry
Upset, angry, frustrated
Lonely, scared
Angry, impotent, helpless, confused
Angry, tired, frustrated
Angry, frustrated, resentful
Anxious, resentful, overwhelmed
Angry, frustrated, hostile, antagonistic, resentful
Angry, sad, embarrassed
Hurt, scared, angry, defiant
Angry, resentful, disappointed
Frustrated, afraid, desperate
Sad, angry, hurt, disappointed
Scared, frightened, alarmed, agitated, defiant
Angry, frustrated, overwhelmed
Embarrassed, angry, resentful
Sad, angry, hurt, frustrated
Sad, hostile, frustrated
Sad, bewildered, frustrated
Sad, anxious, frustrated
Sad, hurt, resentful
Sad, anxious, frustrated
Sad, angry, resentful
Frightened, helpless
Sad, agitated, anxious
Angry, hurt, resentful, irritated

Needs

Nurturing, connection, belonging, support, caring
Caring, nurturing, support, well-being
Inclusion, connection, community, belonging
Safety
Respect, autonomy, to be seen, acknowledgment
Trust, dependability, honesty, honor
Accountability, causality, fairness, justice
Autonomy, choice, safety, consideration
Honesty, fairness, justice, trust, reliability
Choice, autonomy, freedom
Autonomy, freedom
Understanding, acknowledgement, recognition
To matter, acknowledgement, inclusion
Connection, appreciation, understanding
Trust, honesty
Respect, consideration
Respect, space, consideration, peace
Serenity, autonomy, calm, space
Connection, belonging, inclusion, community
Respect, consideration, acknowledgment
Respect, to be heard, consideration
Safety, equality, empowerment
Appreciation, respect, acknowledgment, recognition
To be seen and heard, inclusion, belonging
Community, inclusion, belonging, contribution
Inclusion, belonging, community, connection
Consistency, trust, dependability
Autonomy, empowerment, trust, equality, freedom
Trust
To be heard, understanding, clarity
Connection, inclusion, participation, community
Equality, justice, autonomy, freedom
Respect, consideration, rest, caring
Recognition, equality, respect, mutuality
Relaxation, clarity, space, consideration
Respect, consideration
Respect, acknowledgment, understanding
Belonging, inclusion, closeness, to be seen
Consideration, justice, fairness
Space, freedom, autonomy, authenticity
Appreciation, acknowledgment, recognition
Safety, autonomy
Empowerment, connection, community, to be seen
Integrity, trust, honesty
Appreciation, respect, acknowledgement
Understanding, consideration, empathy
Love, appreciation, empathy, connection
Acknowledgement, appreciation, to be heard
Support, understanding
Belonging, inclusion, caring
Autonomy, equality, consideration, mutuality
Empowerment, mutuality, safety, justice
Privacy, safety, trust, space, respect
Respect, justice, trust, safety, fairness