

WORDS WE CONFUSE AS EMOTIONS

EVALUATION	EMOTION	NEED	EVALUATION	EMOTION	NEED
Abandoned	Lonely, terrified, hurt, bewildered, sad, frightened	Nurturance, connection, belonging, support, caring, community	Harassed	Angry, frustrated, frightened, overwhelmed, distressed	Respect, peace, space, consideration, safety
Attacked	Scared, angry, defiant, afraid, vulnerable, hostile, vengeful	Safety, consideration, respect, support	Hassled	Irritated, distressed, angry, frustrated, overwhelmed	Serenity, autonomy, choice, clarity, calm, space
Belittled	Angry, frustrated, tense, distressed, vulnerable	Respect, autonomy, seen for true self, acknowledgement, appreciation	Ignored	Lonely, scared, hurt, embarrassed, sad, despair	Connection, belonging, inclusion, community, participation
Betrayed	Angry, hurt, disappointed	Trust, dependability, honesty, honour, integrity, commitment, clarity	Insulted	Angry, embarrassed, hurt, vulnerable, lonely	Respect, consideration, acknowledgement, recognition
Blamed	Angry, scared, confused, antagonistic, hostile, hurt	Accountability, fairness, causality, clarity, truth, justice	Interrupted	Angry, frustrated, resentful, hurt	Respect, to be heard, consideration
Bullied	Angry, scared, afraid, overwhelmed, vulnerable, lonely	Autonomy, choice, safety, consideration	Intimidated	Scared, anxious, hurt, vulnerable, distressed	Safety, empowerment, equality
Cheated	Resentful, hurt, angry, disappointed	Honesty, fairness, justice, trust, reliability	Invalidated	Angry, hurt, resentful, lonely, vulnerable, angry	Appreciation, respect, acknowledgement, recognition
Coerced	Frightened, scared, angry, frustrated, guilty	Autonomy, choice, freedom, respect, accountability	Invisible	Lonely, sad, angry, afraid	To be seen and heard, inclusion, belonging, companionship, community
Criticized	Scared, anxious, hurt, angry, embarrassed, lonely, vulnerable	Understanding, recognition, acknowledgement, respectful communication, accountability	Isolated	Lonely, afraid, scared	Community, inclusion, belonging, contribution
Discounted	Hurt, angry, embarrassed, frustrated, lonely	Acknowledgement, inclusion, recognition, respect	Judged	Resentful, scared, hurt, angry, vulnerable, embarrassed	To be seen, consideration, fairness, equality, justice, clarity
Dumped On	Overwhelmed, frustrated, angry, annoyed	Respect, consideration, equality	Left Out	Lonely, sad, anxious, disappointed, jealous	Trust, inclusion, dependability, connection, community, nurturance

WORDS WE CONFUSE AS EMOTIONS

EVALUATION	EMOTION	NEED	EVALUATION	EMOTION	NEED
Manipulated	Angry, scared, powerless, thwarted, frustrated, vulnerable	Autonomy, empowerment, trust, equality, freedom, connection, authenticity, honesty	Taken for Granted	Sad, angry, hurt, disappointed, inferior,	Appreciation, recognition, acknowledgement, consideration
Mistrusted	Sad, angry, vulnerable	Trust	Tricked	Embarrassed, angry, sad, resentful, confused	Integrity, honesty, trust, acknowledgement
Misunderstood	Upset, hurt, confused, angry, frustrated, apathetic	To be heard, understanding, clarity, acknowledgement	Threatened	Scared, frightened, alarmed, agitated, defiant	Safety, autonomy
Neglected	Lonely, scared, vulnerable, powerless	Connection, inclusion, community, care, consideration, nurturance	Unappreciated	Sad, angry, hostile, hurt, withdrawn, somber	Appreciation, respect, acknowledgement, consideration
Patronized	Angry, frustrated, resentful, vulnerable	Recognition, equality, respect, mutuality	Unloved	Sad, frustrated, hurt, angry, detached	Love, appreciation, empathy, connection, compassion
Pressured	Anxious, overwhelmed, resentful, apprehensive, insecure	Relaxation, equality, mutuality, individuality, clarity, space, consideration	Unwanted	Sad, inferior, frustrated, concerned, anxious	Belonging, inclusion, nurturing, compassion, consideration
Provoked	Angry, frustrated, hostile, antagonistic, resentful, furious	Respect, consideration	Used	Resentful, sad, angry, upset	Autonomy, equality, consideration, mutuality
Put Down	Sad, defensive, angry, embarrassed	Respect, understanding, acknowledgement, equality	Victimized	Frightened, helpless, powerless, anxious, sad	Empowerment, mutuality, safety, justice, support
Rejected	Hurt, scared, angry, defiant, embarrassed, disappointed, discouraged, vulnerable	Belonging, acceptance, inclusion, closeness, to be seen, connection, support	Violated	Sad, hurt, anxious, agitated, frightened	Privacy, safety, autonomy, trust, space, respect
Ripped Off	Anger, resentful, disappointed, discouraged, embarrassed	Justice, consideration, trust, honesty, acknowledgement	Walked On	Angry, frustrated, overwhelmed, resentful	Empowerment, connection, community, consideration, respect, equality
Smothered	Fear, frustrated, desperate	Freedom, autonomy, authenticity, self-expression, space, individuality	Wronged	Angry, hurt, resentful, irritated, vengeful	Respect, justice, trust, safety, fairness, equality