



# Thoughts Disguised as Feelings

## NVC Chapter 4: Identifying and Expressing Feelings

(Based on a list prepared by Wisconsin IIT Participants – 2000, edited by Susan Skye; further adapted by Mary Kay Reinemann)

Evaluative word or thought	Feelings	Needs
<i>Abandoned</i>	Terrified, bewildered, sad, frightened, lonely	Nurturing, connection, belonging, support, caring
<i>Abused</i>	Angry, frustrated, frightened	Caring, nurturing, support, emotional or physical well-being, consideration, need for all living things to flourish
<i>(not) accepted</i>	Upset, scared, lonely	Inclusion, connection, community, belonging, contribution, respect
<i>Attacked</i>	Scared, angry	safety
<i>Belittled</i>	Angry, frustrated, tense, distress	Respect, autonomy, to be seen, acknowledgment, appreciation
<i>Betrayed</i>	Angry, sad, disappointed, enraged, afraid	Trust, dependability, honesty, honor, commitment, clarity, to matter and belong
<i>Blamed</i>	Angry, scared, confused, sad, antagonistic, hostile, bewildered,	Accountability, causality, fairness, justice
<i>Blessed</i>	Happy, content, joyful	Love, to matter and belong, sustenance, safety, choice, trust
<i>Bullied</i>	Angry, scared, pressured	Autonomy, choice, safety, consideration,
<i>Caged/boxed in</i>	Angry, , scared, anxious	Autonomy, choice, freedom
<i>Cheated</i>	Resentful, angry, sad	Honesty, fairness, justice, trust, reliability, to matter and belong
<i>Coerced</i>	Angry, frustrated, frightened, , scared	Choice, autonomy, freedom,
<i>Cornered</i>	Angry, scared, anxious,	Autonomy, freedom
<i>Criticized</i>	In pain, scared, anxious, angry, frustrated, embarrassed	Understanding, acknowledgement, recognition, accountability, non-judgmental communication
<i>Discounted/diminished</i>	Sad, angry, embarrassed, frustrated	Need to matter, acknowledgment, inclusions, recognition, respect
<i>Disliked</i>	Sad, lonely,	Connection, appreciation, understanding, acknowledgment, friendship, inclusion
<i>Distrusted</i>	Sad, frustrated	Trust, honesty
<i>Dumped on</i>	Angry, overwhelmed	Respect, consideration
<i>Harassed</i>	Angry, frustrated, frightened, overwhelmed	Respect, space, consideration, peace
<i>Hassled</i>	Irritated, distressed, angry, frustrated	Serenity, autonomy, calm, space, freedom, peace



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Evaluative word or thought	Feelings	Needs
<i>Ignored</i>	Lonely, scared, sad, embarrassed	Connection, belonging, inclusion, community, participation
<i>Insulted</i>	Angry, embarrassed	Respect, consideration,
<i>Interrupted</i>	Angry, frustrated, resentful, sad	Respect, to be heard, consideration
<i>Intimidated</i>	Scared, frightened, anxious	Safety, equality, power in my world
<i>Invalidated</i>	Angry, resentful, sad	Appreciation, respect,
<i>Invisible</i>	Sad, angry, lonely, scared	To be seen and heard, inclusion, belonging, community
<i>Isolated</i>	Lonely, afraid, scared	Community, inclusion, belonging, contribution
<i>Left out</i>	Sad, lonely, anxious	Inclusion, belonging, community, connection
<i>Let down</i>	Sad disappointed, frightened	Consistency, trust, dependability,
<i>Loved</i>	Happy, content, peaceful, joyful	To matter and belong, friendship, love, trust, safety
<i>Manipulated</i>	Angry, scared, frustrated	Autonomy, power, trust, equality, freedom, choice, connection, authenticity
<i>Mistrusted</i>	Sad, angry	trust
<i>Misunderstood</i>	Upset, angry, frustrated	To be heard, understanding, clarity
<i>Neglected</i>	Lonely, scared	Connection, inclusion, participation, community, care, belonging, consideration
<i>Overpowered</i>	Angry, helpless, confused	Equality, justice, autonomy, freedom
<i>Overworked</i>	Angry, tired, frustrated	Respect, consideration, rest, caring
<i>Patronized</i>	Angry, frustrated, resentful	Recognition, equality, respect, mutuality