

Faux feelings	Feelings	Needs
Abandoned	Terrified, Hurt, Bewildered, Sad, Frightened, Lonely	Nurturing, Connection, Belonging, Support, Caring
Abused	Angry, Frustrated, Frightened	Caring, Nurturing, Support, Well-being
(Not) accepted	Upset, Scared, Lonely	Inclusion, Connection, Community, Belonging
Attacked	Scared, Angry	Safety
Belittled	Angry, Frustrated, Tense, Distressed	Respect, Autonomy, To Be Seen, Acknowledgment
Betrayed	Angry, Hurt, Disappointed, Enraged	Trust, Dependability, Honesty, Honor
Blamed	Angry, Scared, Confused, Antagonistic, Hostile	Accountability, Causality, Fairness, Justice
Bullied	Angry, Scared, Pressured	Autonomy, Choice, Safety, Consideration
Cheated	Resentful, Hurt, Angry	Honesty, Fairness, Justice, Trust, Reliability
Coerced	Angry, Frustrated, Frightened, Thwarted, Scared	Choice, Autonomy, Freedom, Act Freely
Cornered	Angry, Scared, Anxious, Thwarted	Autonomy, Freedom
Criticized	In Pain, Scared, Anxious, Humiliated	Understanding, Acknowledgement, Recognition
Discounted	Hurt, Angry, Embarrassed, Frustrated	Need to Matter, Acknowledgement, Inclusions
Disliked	Sad, Lonely, Hurt	Connection, Appreciation, Understanding
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, Calm, Space
Ignored	Lonely, Scared, Hurt, Sad	Connection, Belonging, Inclusion

Note: These are examples to support curiosity, not fixed rules. Each person's inner experience is unique, so the feelings and needs underneath a faux feeling may be different from person to person.

Faux feelings	Feelings	Needs
Insulted	Angry, Embarrassed	Respect, Consideration, Acknowledgement
Interrupted	Angry, Frustrated, Resentful, Hurt	Respect, To Be Heard, Consideration
Intimidated	Scared, Anxiety	Safety, Equality, Empowerment
Invalidated	Angry, Hurt, Resentful	Appreciation, Respect, Acknowledgement, Recognition
Invisible	Sad, Angry, Lonely, Scared	To Be Seen and Heard, Inclusion, Belonging
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
Manipulated	Angry, Scared, Powerless, Thwarted, Frustrated	Autonomy, Empowerment, Trust, Equality, Freedom
Mistrusted	Sad, Angry	Trust
Misunderstood	Upset, Angry, Frustrated	To Be Heard, Understanding, Clarity
Neglected	Lonely, Scared	Connection, Inclusion, Participation, Community
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
Provoked	Angry, Frustrated, Hostile, Antagonistic, Resentful	Respect, Consideration
Put Down	Angry, Sad, Embarrassed	Respect, Acknowledgement, Understanding
Rejected	Hurt, Scared, Angry, Defiant	Belonging, Inclusion, Closeness, To Be Seen

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Ripped off/Screwed	Angry, Resentful, Disappointed	Consideration, Justice, Fairness
Smothered/Suffocated	Frustrated, Scared, Desperate	Space, Freedom, Autonomy, Authenticity
Taken for Granted	Sad, Angry, Hurt, Disappointed	Appreciation, Acknowledgement, Recognition
Trampled	Angry, Frustrated, Overwhelmed	Empowerment, Connection, Community, To Be Seen
Tricked	Embarrassed, Angry, Resentful	Integrity, Trust, Honesty
Unappreciated	Sad, Angry, Hurt, Frustrated	Appreciation, Respect, Acknowledgement
Unheard	Sad, Hostile, Frustrated	Understanding, Consideration, Empathy
Unloved	Sad, Bewildered, Frustrated	Love, Appreciation, Empathy, Connection
Unseen	Sad, Anxious, Frustrated	Acknowledgement, 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, Anxious	Privacy, Safety, Trust, Space, Respect
Wronged	Angry, Hurt, Resentful, Irritated	Respect, Justice, Trust, Safety, Fairness

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