

EVALUATIONS • • MIGHT BE FEELING • • • • MIGHT BE NEEDING • • • • •

Abandoned	Frightened, Lonely, Sad, Hurt, Heart-Broken, Shocked	Connection, Nurturing, Friendship Support, Family, Belonging
Abused	Angry, Frustrated, Frightened	Caring, Nurturing, Support, Safety, Comfort
Attacked	Scared, Angry, Violent	Safety
Belittled	Angry, Frustrated, Tense, Distressed	Respect, Autonomy, To be seen Acknowledgment, Appreciation
Betrayed	Angry, Hurt, Disappointed Enraged, Violent	Trust, Dependability, Honesty Honor, Commitment, Clarity
Blamed	Angry, Scared, Confused Hurt, Violent	Accountability, Causality, Fairness, Justice
Cheated	Resentful, Hurt, Angry Guarded, Hesitant	Honesty, Fairness, Justice Trust, Reliability
Criticized	Scared, Anxious, Frustrated Angry, Embarrassed	Understanding, Appreciation, Respect Consideration, Acceptance, Emotional Safety
Harassed	Angry, Frustrated, Frightened	Respect, Consideration, Space, Peace
Hassled	Irritated, Angry, Frustrated	Autonomy, Choice, Space, Respect, Peace
Ignored	Lonely, Scared, Hurt, Sad Embarrassed	Connection, Belonging, Inclusion, Community, Participation
Insulted	Angry, Embarrassed	Respect, Consideration,
Intimidated	Scared, Anxious	Safety, Equality, Respect, Consideration
Invalidated	Angry, Resentful, Hurt	Appreciation, Respect, Understanding
Invisible	Sad, Angry, Lonely, Scared	To be seen & heard, Inclusion, Belonging
Isolated	Lonely, Afraid, Scared	Community, Inclusion, Belonging, Connection
Left Out	Sad, Lonely, Anxious	Community, Inclusion, Belonging, Connection
Let Down	Sad, Disappointed, Angry	Trust, Dependability, Consistency
Manipulated	Angry, Suspicious, Self-Protective	Honesty, Equality, Respect, Freedom, Choice
Mistrusted	Sad, Angry, Hurt	Trust, Understanding
Misunderstood	Upset, Angry, Frustrated	To be heard, Understanding, Clarity
Neglected	Lonely, Scared, Sad	Connection, Care, Consideration, Participation
Pressured	Anxious, Resentful, Overwhelmed	Clarity, Choice, Acceptance, Ease
Provoked	Irritated, Angry, Enraged, Violent	Respect, Consideration, Space
Put Down	Angry, Sad, Embarrassed	Respect, Understanding, Care
Rejected	Hurt, Angry, Scare, Sad	Belonging, Inclusion, Closeness, Connection
Ripped off/Screwed	Angry, Disappointed, Sad	Honesty, Fairness, Justice, Consideration
Smothered	Frustrated, Scared, Anxious	Space, Freedom, Choice, Self-Expression
Taken for granted	Sad, Angry, Hurt, Disappointed	Appreciation, Acknowledgment, Consideration
Threatened	Scared, Anxious, Angry, Guarded, Self-Protective	Safety, Choice
Unappreciated	Angry, Frustrated, Hurt	Appreciation, Acknowledgment, Consideration
Unheard	Sad, Frustrated, Angry	Understanding, Empathy, Consideration
Unloved	Sad, Heart-Broken, Lonely Depressed, Hurt	Love, Appreciation, To be seen, Empathy Connection, Belonging, Community
Unseen	Sad, Anxious, Frustrated	To be seen, Acknowledgment, Appreciation
Unsupported	Sad, Hurt, Resentful	Support, Understanding
Unwanted	Sad, Anxious, Frustrated, Angry, Lonely, Depressed	Belonging, Inclusion, Caring Connection, Participation
Used	Sad, Angry, Resentful	Respect, Equality, Consideration
Victimized	Scared, Helpless, Vulnerable	Safety, Justice, Equality
Violated	Sad, Anxious, Angry	Privacy, Safety, Trust, Space, Respect
Wronged	Angry, Hurt, Resentful	Honesty, Safety, Justice, Respect