

Evaluative Words Translated

This is a list of evaluative words frequently confused with feelings. Evaluative words that we use when we think of what others are doing TO us and generally connote wrongness or blame. These evaluative words are translated into feelings and needs that want to be recognized and attended to. The feelings and needs are suggestions only.

This list is my adaption from a list put together by the "Wisconsin IIT Participants in April 2000, edited by Susan Skye".

Evaluative Words	Underlying Feelings	Connected To Needs
Abandoned	Terrified, hurt, bewildered, sad, lonely, frightened	Nurture, connection, belonging, support
Abused	Angry, frustrated, frightened	Care, nurture, support, emotional & physical well-being, consideration
(Not) accepted	Upset, scared, lonely	Acceptance, community, contribution, respect
Attacked	Scared, angry	Safety, connection, support, respect
Belittled	Angry, frustrated, tense, distressed	Respect, connection, community, belonging, contribution, peer respect, recognition
Betrayed	Angry, hurt, disappointed, enraged	Trust, honesty, commitment, clarity, respect
Blamed	Angry, scared, confused, bewildered, hurt	Accountability, fairness, justice, recognition, acceptance, care
Bullied	Angry, scared, confused	Autonomy, choice, safety, consideration, respect
Cheated	Hurt, helpless, angry, frazzled	Honesty, fairness, justice, trust, reliability, acknowledgment
Coerced	Angry, frustrated, frightened, scared, helpless	Choice, autonomy, freedom, acknowledgement
Criticized	Scared, anxious, frustrated, angry, embarrassed	Understanding, acknowledgement, recognition, accountability, understanding, equality
Discounted	Hurt, angry, embarrassed, frustrated, lonely, sad	Need to matter, acknowledgement, inclusions, recognition, respect, power
Disliked	Sad, lonely, hurt	Connection, appreciation, understanding, acknowledgement, community
Distrusted	Sad, frustrated, irritated, furious	Trust, honesty, acknowledgement, acceptance
Dumped on	Angry, dismayed, overwhelmed	Respect, consideration, choice, support
Harassed	Angry, frustrated, frightened, scared	Respect, space, consideration, peace, safety
Hassled	Overwhelmed, irritated,	Serenity, autonomy, calm, space,