

	distressed, angry, frustrated	equanimity, choice
Ignored,	Angry, lonely, scared, hurt, dismayed, sad, embarrassed	Connection, belonging, inclusion, community, participation, acknowledgement, recognition
Insulted	Angry, dismayed, embarrassed	Respect, consideration, acknowledgement, recognition
Interrupted	Angry, frustrated, resentful, hurt, surprised	Respect, consideration, clarity, understanding, acceptance
Intimidated	Scared, anxious	Safety, equality, power
Invalidated	Angry, hurt, resentful, surprised	Appreciation, respect, acknowledgment, recognition, equality
Invisible	Sad, angry, lonely, scared, glad	To be seen and heard, inclusion, belonging, community, power, safety, trust
Isolated	Lonely, afraid, scared,	Connection, community, inclusion, belonging, contribution, recognition, acknowledgment, need to matter
Left out	Sad, lonely, anxious, hurt	Inclusion, belonging, community, connection, respect, acknowledgment
Let down	Sad, disappointed, frightened	Consistency, trust, effectiveness, respect
Manipulated	Angry, scared, powerless, helpless, frustrated	Autonomy, empowerment, trust, equality, freedom, choice, connection, respect, equanimity, love
Mistrusted	Sad, angry	Trust, accountability, acknowledgment
Misunderstood	Upset, angry, frustrated	Understanding, clarity, connection, care
Neglected	Lonely, scared, hopeless	Connection, inclusion, community, care, need to matter, consideration
Overpowered	Angry, helpless, confused	Equality, justice, autonomy, freedom, need to matter, understanding
Overworked	Angry, tired, frustrated	Respect, consideration, rest, care, love, nurturance, acceptance
Patronized	Angry, frustrated	Recognition, equality, respect, mutuality
Pressured	Anxious, powerless, overwhelmed	Relaxation, clarity, space, consideration, rest, acknowledgment, need to matter
Provoked	Angry, frustrated, fearful	Respect, consideration, acknowledgement, acceptance, understanding, power, connection
Put down	Angry, sad, hopeless, embarrassed	Respect, acknowledgment, equality, connection, mutuality
Rejected	Hurt, scared, angry, powerless	Belonging, inclusion, closeness, power, acknowledgment, connection
Ripped off/ screwed	Angry, surprised, disappointed	Consideration, justice, acknowledgment, trust, understanding
Smothered/ suffocated	Frustrated, fearful, desperation, overwhelmed	Space, autonomy, authenticity, respect, creativity