

Taken for granted	Sad, angry, hurt, disappointed	Appreciation, acknowledgment, recognition, consideration, understanding
Threatened	Scared, frightened, alarmed, agitated	Safety, autonomy, connection, understanding
Trampled	Angry, frustrated, overwhelmed	Power, connection, community, consideration, equality, respect, acknowledgment, understanding
Tricked	Surprised, embarrassed, angry, resentful	Integrity, trust, honesty, understanding
Unappreciated	Sad, angry, hurt, frustrated	Appreciation, respect, acknowledgment, consideration, love, care, nurturance
Unheard	Sad, frustrated, aggravated	Understanding, consideration, empathy
Unloved	Sad, bewildered, frustrated, lonely	Love, appreciation, empathy, connection, community, nurturance
Unseen	Sad, anxious, frustrated	Acknowledgment, appreciation, understanding, connection
Unsupported	Sad, hurt, overwhelmed, angry	Support, understanding, consideration, nurturance, love
Unwanted	Sad, anxious, frustrated, lonely	Belonging, inclusion, care, love
Used	Sad, angry, surprised	Autonomy, equality, consideration, mutuality, power
Victimized	Frightened, helpless	Power, mutuality, safety, justice, equality
Violated	Sad, agitated, anxious angry, frightened	Safety, trust, space, respect, understanding
Wronged	Angry, hurt, surprised, resentful, irritated	Respect, justice, trust, safety, understanding, connection