

Translating Judgements

JUDGEMENT	FEELING	NEED
abandoned	bewildered, frightened, lonely, sad, terrified	belonging, care, connection, nurturance, support
abused	angry, frightened, frustrated	kindness, consideration, nurturance, safety
not accepted	lonely, scared, upset	acceptance, belonging, community, connection, inclusion, respect
attacked	angry, scared	safety
belittled	angry, aggravated, enraged, frustrated	acknowledgement, appreciation, autonomy, respect, to be seen, to matter
betrayed	angry, disappointed, enraged, shocked	clarity, integrity, trust, truth
blamed	angry, confused, defensive, hostile, scared	emotional safety, justice, to be heard, truth
bullied	angry, scared	autonomy, choice, consideration, kindness, safety
caged/boxed in	angry, anxious, scared	autonomy, choice, freedom
cheated	angry, resentful	choice, fairness, truth, integrity, justice, trust
coerced	angry, frightened, frustrated, resentful, uneasy	autonomy, choice, freedom
cornered	angry, anxious, scared, unsettled	autonomy, choice, freedom
criticized	angry, anxious, embarrassed, frustrated, scared	acknowledgement, communication, emotional safety, kindness, recognition, to be understood
discounted/diminished	angry, embarrassed, frustrated, resentful	acknowledgement, inclusion, recognition, respect, to matter
disliked	lonely, sad	acknowledgement, appreciation, connection, friendship, inclusion, to be understood
distrusted	confused, embarrassed, frustrated	acknowledgement, inclusion, recognition, respect, to be known, to matter
dumped on	angry, annoyed, overwhelmed	consideration, kindness, respect
harassed	angry, frustrated, enraged, uncomfortable	acknowledgement, appreciation, autonomy, peace, respect, to be seen
hassled	annoyed, frustrated, irritated	autonomy, peace
ignored	embarrassed, lonely, sad	belonging, community, connection, emotional safety, inclusion
insulted	angry, embarrassed	acknowledgement, consideration, fairness, recognition, respect, to matter
interrupted	angry, frustrated, resentful	awareness, consideration, respect, to be heard
intimidated	anxious, scared	empowerment, equality, safety
invaded	angry, sad, scared	privacy, respect, space, trust
invalidated	angry, resentful	acknowledgement, appreciation, recognition, respect
invisible	angry, lonely, sad, scared	belonging, community, inclusion, to be heard, to be seen
isolated	afraid, lonely, scared	belonging, community, contribution, inclusion
left out	anxious, lonely, sad	belonging, community, connection, inclusion
let down	disappointed, frightened, sad	consistency, trust

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JUDGEMENT	FEELING	NEED
manipulated	angry, frustrated, scared	autonomy, connection, empowerment, equality, choice, freedom, trust
mistrusted	angry, sad	trust
misunderstood	angry, frustrated, upset	clarity, to be heard, understanding
neglected	lonely, scared	care, community, connection, consideration, inclusion, to matter, participation
offended	angry, sad, scared, shocked	clarity, communication, connection, respect, trust, understanding
overpowered	angry, confused, helpless	autonomy, equality, freedom, justice
overworked	angry, frustrated, tired	care, consideration, respect, rest
patronized	angry, frustrated, resentful	equality, mutuality, recognition, respect
pressured	anxious, overwhelmed, resentful	clarity, consideration, relaxation, space
provoked	angry, frustrated, hostile, resentful	consideration, respect
put down	angry, embarrassed, sad	acknowledgement, respect, understanding
rejected	angry, scared	acknowledgement, belonging, closeness, connection, inclusion, to be seen
ripped off/ screwed	angry, disappointed, resentful	acknowledgement, consideration, fairness, justice, reliability, trust
smothered/ suffocated	fearful, frustrated	autonomy, authenticity, freedom, self-expression, space
taken for granted	angry, disappointed, sad	acknowledgement, appreciation, consideration, recognition
threatened	agitated, alarmed, frightened, scared	autonomy, safety
ticked	angry, embarrassed, resentful	honesty, integrity, trust
trampled	angry, frustrated, overwhelmed	acknowledgment, being seen, community, connection, consideration, empowerment, equality, respect
unappreciated	angry, frustrated, sad	acknowledge, appreciation, consideration, respect
unheard	angry, frustrated, sad	consideration, empathy, understanding
unloved	bewildered, frustrated, sad	appreciation, community, connection, empathy, love
unseen	anxious, frustrated, sad	acknowledgement, appreciation, to be heard
unsupported	resentful, sad	support, understanding
unwanted	anxious, frustrated, sad	belonging, care, inclusion
used	angry, resentful, sad	autonomy, consideration, equality, mutuality
victimized	frightened, helpless	autonomy, consideration, equality, mutuality
violated	agitated, angry, anxious, sad	privacy, respect, safety, space, trust
wronged	angry, irritated, sad	fairness, justice, privacy, respect, space