

Thoughts Masquerading as Feelings

The following are examples of words that are often believed to convey feelings, but which in Compassionate Communication, qualify more as thoughts, or meanings we have created from our actual feelings. Feelings arise from needs being met or not met, and are in the heart, not the head.

When you say this thought	You might be feeling	Because you might be needing
Abandoned	lonely, terrified, hurt, sad, frightened	connection, belonging, support, caring, nurturing
Abused	angry, frustrated, frightened	caring, nurturing, support, consideration, physical wellbeing, respect
Attacked	scared, angry	emotional or physical safety
Belittled	angry, frustrated, tense, distressed	respect, autonomy, to be seen, acknowledgement, appreciation
Betrayed	angry, hurt, disappointed, scared	trust, dependability, honesty, honor, commitment, clarity
Blamed	angry, scared, confused, bewildered, hurt	fairness, justice, to be heard
Cheated	resentful, hurt, angry	honesty, fairness, justice, trust, reliability
Coerced	angry, frustrated, frightened, scared, helpless, hopeless	choice, autonomy, freedom, hope, support
Criticized	scared, anxious, frustrated, angry, embarrassed	understanding, acknowledgement, recognition, acceptance, fairness
Disrespected	embarrassed, frightened, frustrated, hurt, annoyed, fed up	respect, appreciation, acknowledgement, consideration, to be seen and valued, to matter
Ignored	lonely, scared, hurt, sad, embarrassed	connection, belonging, inclusion, community, participation, to matter
Incompetent	frustrated, disappointed, worried	proficiency, success, competence, effectiveness, development, learning
Insulted	angry, embarrassed	respect, consideration, acknowledgement, recognition
Interrupted	angry, frustrated, resentful, hurt	respect, consideration, to matter, to be heard, clarity
Intimidated	scared, anxious	safety, equality, power for self
Manipulated	angry, scared, frustrated, discouraged, helpless	autonomy, power for self, trust, equality, freedom, connection, choice
Misunderstood	upset, angry, frustrated, discouraged	to be heard, understanding, clarity
Neglected	lonely, sad, hurt	support, companionship, belonging, appreciation
Pressured	anxious, resentful, overwhelmed, stressed	relaxation, clarity, space, consideration, ease
Put down	angry, sad, hurt, embarrassed	respect, acknowledgement, understanding, appreciation
Rejected	hurt, scared, angry, lonely	belonging, inclusion, closeness, to be seen and valued, connection
Threatened	scared, frightened, alarmed, nervous	safety, autonomy, wellbeing