

Pseudo feelings

In NVC we distinguish between words that express actual feelings and those that describe what we think we are (pseudo feelings). Here's a list with examples of such words and examples of the possible actual feelings and needs behind those thoughts:

Pseudo feelings	Possible feelings	Possible needs
Abandoned	sad - confused - insecure - worry - fear	connection - support - belonging - care - safety
Abused	pain - rage - numb - grief - shame	safety - care - understanding - respect - freedom
Attacked	panic - afraid - anger - disturbed - alert	trust - space - freedom - being heard - respect
Belittled	hurt - sad - furious - insecure - lonely	respect - being seen - belonging - recognition
Betrayed	rage - disappointed - shame - sad - dazed	trust - safety - care - reassurance - sharing
Blamed	confused - anger - pain - lonely - shame	being seen - respect - being heard - understanding
Boxed-in	rage - lonely - hostile - concern - sick	respect - autonomy - choice - being seen - support
Bullied	fear - lonely - suffer - anger - sad	belonging - acceptance - respect - care - safety
Cheated	furious - shame - disappointed - lonely - sad	safety - trust - care - support - openness
Cornered	rage - insecure - shock - numb - shame	freedom - choice - trust - respect - safety
Criticized	fragile - shame - fear - insecure - worry	being seen - understanding - being heard - choice
Diminished	furious - insecure - lonely - hurt - sad	respect - recognition - appreciation - being seen
Discounted	insecure - worry - fear - sad - confused	care - support - to matter - trust - respect
Disrespected	anger - numb - sad - lonely - hurt	being heard - care - safety - support - trust
Distrusted	furious - sad - insecure - worry - lonely	friendship - connection - care - trust - being seen
Harassed	pain - shame - anger - irritation- fear	safety - trust - care - respect - softness
Ignored	shame - lonely - relief - fear - hurt	inclusion - belonging - connection - care
Insulted	sad - insecure - pain - anger - worry	care - support - being seen - recognition
Interrupted	shock - anger - numb - insecure - shame	space - freedom - respect - choice - being heard
Intimidated	fear - anger - lonely - panic - disturbed	safety - to matter - trust - respect - support
Invalidated	numb - shame - rage - insecure - shock	care - inclusion - being seen - acknowledgement
Invisible	shy - shame - lonely - insecure - worry	being seen - being heard - belonging - inclusion
Isolated	fear - shame - anger - panic - lonely	connection - belonging - inclusion - care - safety
Left out	pain - sad - shy - panic - insecure	belonging - inclusion - support - care - connection
Let down	sad - lonely - disappointed - anger - shame	safety - care - trust - support - being seen
Manipulated	anger - rage - pain - numb - sad	trust - respect - care - safety - choice
Misunderstood	frustrated - anger - pain - sad - shy	being seen - being heard - understanding - care

Pseudo feelings

Possible feelings

Possible needs

Neglected	sad - confused - insecure - worry - fear	inclusion - belonging - care - connection - trust
Overworked	stress - depressed - desperate - tired - fear	rest - ease - relaxation - support - care
Patronized	furious - insecure - lonely - hurt - sad	trust - respect - care - safety - choice
Pressured	depressed - tired - fear - stress - desperate	safety - support - acknowledgement - ease - trust
Provoked	irritated - anger - stress - fear - insecure	relaxation - understanding - trust - safety
Put down	sad - confused - insecure - worry - fear	safety - clarity - respect - support - care
Rejected	pain - shame - anger - irritation- fear	acknowledgement - care - inclusion - trust
Taken for granted	sad - numb - disappointed - anger - irritation	being seen - understanding - care - respect - trust
Threatened	panic - afraid - anger - disturbed - alert	safety - trust - support - relaxation - ease
Tricked	anger - shame - pain - furious - lonely	clarity - trust - openness - belonging - care
Unappreciated	sad - disappointed - anger - lost - shrink	appreciation - clarity - connection - being seen
Unheard	lonely - anger - depressed - pain - shy	connection - understanding - being heard - care
Unseen	shame - shy - lonely - frustrated - numb	understanding - being seen - connection - care
Unsupported	lonely - sad - disappointed - worry - shame	care - support - appreciation - trust - connection
Unwanted	fear - shame - anger - panic - lonely	inclusion - belonging - acceptance - connection
Used	anger - shame - rage - pain - stomach ache	care - safety - respect - trust - connection
Victimized	furious - frustrated - irritated - sad - hurt	being heard - being seen - respect - understanding
Violated	fear - lonely - suffer - anger - sad	safety - care - trust - support - respect