

INITIAL FEELINGS

attacked	rejected / estranged	taken advantage of
belittled	alienated	abused
blamed	abandoned	boxed in
cheated	betrayed	bullied
cornered	discounted	caged
criticized	disappointed	coerced
diminished	distrusted	manipulated
disliked	left out	overworked
dumped on	let down	ripped off
harassed	humiliated	taken for granted
hassled	ignored	tricked
insulted	invisible	used
interrupted	isolated	
intimidated	mistrusted	
invalidated	misunderstood	
overpowered	neglected	
patronized	put down	
pressured	rejected	
provoked	unappreciated	
smothered	unheard	
threatened	unloved	
trampled	unseen	
violated	unsupported	
wronged	unwanted	
victimized		

common underlying needs:

safety
security
space
to be valued

belonging
clarity
positive regard
to be seen / heard

autonomy
choice
consideration
honesty