

Feelings vs. Interpretations

This is a list of words in our language that pose as feelings, but are actually Interpretations of what you think someone is doing to you. They imply a feeling and a need. They may be accurate or inaccurate interpretations, either way they can trigger defensiveness in another thereby preventing a connected dialogue.

Behind each of these words are precious feelings and needs. Circle three words you have used recently. Name the feelings and needs present for you when you used each word. (Consult your Feelings and Needs list).

abandoned	abused	alienated	attacked
belittled	betrayed	blamed	bullied
confined	cheated	coerced	criticized
discounted	distrusted	disrespected	dumped on
harassed	ignored	insulted	interrupted
intimidated	invalidated	invisible	isolated
judged	left out	manipulated	misunderstood
neglected	overpowered	patronized	pressured
provoked	put down	rejected	ripped off
smothered	taken advantage of		threatened
trampled	tricked	unappreciated	unheard
unloved	unseen	unsupported	unwanted
used	victimized	violated	wronged

Hints for distinguishing Feelings from interpretations:

- Interpretations often have an "un" or "mis" at the beginning or an "ed" at the end.
- Interpretations require the action of someone else.
- Interpretations often trigger defensiveness in your listener.