



The following words are perceptions or judgements disguised as feelings. They imply blame of what we think others are doing to us. These words are part of a "victim language" signifying someone has power over me to "make me feel" this way.

Abandoned	Disliked	Left out	Smothered
Abused	Dominated	Let down	Taken for granted
Attacked	Dumped on	Manipulated	Rejected
Belittled	Hassled	Mistreated	Trampled
Betrayed	Neglected	Misunderstood	Tricked
Blamed	Harassed	Neglected	Violated
Bullied	Ignored	Overpowered	Victimized
Cheated	Insulted	Overworked	Unsupported
Coerced	Interrupted	Patronized	Unappreciated
Cornered	Intimidated	Pressured	Unloved
Criticized	Invalidated	Provoked	Unseen
Deprived	Invisible	Put down	Used

False feeling words can also be judgments of ourselves such as: inadequate, stupid, unworthy, worthless, inconsiderate, ungrateful, wrong, bad, useless, inferior, pathetic, hopeless, insensitive, Etc.

We often use the word "feel" to mean "think". These thoughts expressed our judgments, opinions, criticisms, and evaluations oh, not our true feelings and emotions. Whenever "I feel" is followed by "you" or "that" or "I", usually it's a thought, and not a feeling that follows. "I feel that you aren't being realistic about the project."

We can get connected back to our true emotions when we catch ourselves using one of these words or phrases and instead say one of these phrases to our self to get clear within us.

When I think I am being _____, what emotion/s am I feeling? Example: "When I think I am being invalidated by him/her, I feel anxious and uncomfortable." "When I think I am feeling ignored, I feel sad." " When I tell myself you are attacking me, I feel scared, apprehensive, angry." You have a choice to express your feelings out loud, or simply stay in connection with self.