Evaluative feelings

BodyVoice Alive

Evaluation/story	My Sensations / Feeling(s)	Possible Need(s)
Abandoned		Nurturing, connection, belonging, support, caring
Abused		Caring, nurturing, support, emotional or physical well-being, consideration
Attacked		Safety, consideration
Belittled		Respect, to be seen, acknowledgment, appreciation
Betrayed		Trust, dependability, honesty, consistency
Blamed		Self-responsibility, fairness, justice
Bullied		Autonomy, choice, safety, consideration
Caged /boxed in		Autonomy, choice, freedom
Cheated		Honesty, fairness, justice, trust, reliability
Coerced		Choice, autonomy, freedom
Criticized		Understanding, acknowledgment, respect
Harassed		Respect, space, consideration, peace
Ignored		Connection, belonging, inclusion, community
Insulted		Respect, consideration, acknowledgment
Interrupted		Respect, to be heard, consideration
Intimidated		Safety, equality, empowerment
Invisible		To be seen and heard, inclusion, belonging,
Left out		Inclusion, belonging, community, connection
Let down		Consistency, trust, dependability,
Manipulated		Autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness
Mistrusted		Trust
Misunderstood		To be heard, understanding, clarity
Neglected		Connection, inclusion, participation, community, to be cared for, to matter, consideration
Overworked		Respect, consideration, rest, caring
Patronized		Recognition, equality, respect, mutuality
Pressured		Relaxation, clarity, space, consideration
Put down		Respect, acknowledgment, understanding
Rejected		Belonging, inclusion, closeness, to be seen, acknowledgment, connection
Smothered/ suffocated		Space, freedom, autonomy, authenticity, self expression
Taken for granted		Appreciation, acknowledgment, recognition
Threatened		Safety, autonomy
Unsupported		Support, understanding
Unwanted		Belonging, inclusion, caring, to matter
Used		Autonomy, equality, consideration, mutuality