

## Belief-Based "Faux" Feelings

*Often confused as feelings, these words can imply blame and wrongness creating an enemy image*

Abandoned	Ignored	Rejected
Abused	Insulted	Ripped off
Attacked	Interrupted	Screwed
Belittled	Intimidated	Smothered
Betrayed	Invalidated	Stifled
Blamed	Invisible	Suffocated
Bullied	Isolated	Taken for granted
Caged	Left out	Threatened
Cheated	Let down	Trampled
Coerced	Manipulated	Trapped
Cornered	Marginalized	Tricked
Criticized	Mistrusted	Unappreciated
Diminished	Misunderstood	Unheard
Discounted	Neglected	Unloved
Disliked	(Not) accepted	Unseen
Disrespected	Overpowered	Unsupported
Distrusted	Overworked	Unwanted
Dumped on	Patronized	Used
Excluded	Pressured	Victimized
Harassed	Provoked	Violated
Hassled	Put down	Wronged

### *Examples:*

- "I feel used" might mean you're irritated because you are longing for reciprocity*
- "I feel abandoned" may indicate you are feeling vulnerable and yearn for connection*
- "I feel criticized" could be anxiety around not being efficient*
- "I feel blamed" might be sadness around lacking trust*

