

EVALUATIVE WORDS CONFUSED WITH FEELINGS

Evaluative Word	Giraffe Feeling(s)	Giraffe Need(s)
Abandoned	Terrified, hurt, bewildered, sad, frightened, lonely	Nurturing, connection, belonging, support, caring
Abused	Angry, frustrated, frightened	Caring, nurturing, support, emotional safety, physical safety, consideration, for livings things to flourish
(Un) accepted	Scared, lonely, hurt, anxious	Inclusion, connection, community, belonging, contribution, respect
Attacked	Scared, angry, defiant, hostile	Safety, consideration
Belittled	Angry, frustrated, tense, distressed	Respect, autonomy, seen for true self, acknowledgement, appreciation
Betrayed	Angry, hurt, disappointed, enraged	Trust, dependability, honesty, honor, commitment, clarity
Blamed	Angry, scared, confused, antagonistic, hostile, bewildered, hurt	Accountability, causality, fairness, justice
Bullied	Angry, scared, pressured	Autonomy, choice, safety, consideration
Caged/boxed in	Angry, thwarted, scared, anxious	Autonomy, choice, freedom
Cheated	Resentful, hurt, angry	Honesty, fairness, justice, trust, reliability
Coerced	Angry, frustrated, frightened, thwarted, scared	Autonomy, choice, freedom
Cornered	Angry, scared, anxious, thwarted	Autonomy, freedom
Criticized	In pain, scared, anxious, frustrated, humiliated, angry, embarrassed	Understanding, acknowledgement, recognition, accountability, respectful communication
Discounted/diminished	Hurt, angry, embarrassed, frustrated	Acknowledgement, inclusion, recognition, respect
Disliked	Sad, lonely, hurt	Connection, appreciation, understanding, acknowledgement, friendship, inclusion
Distrusted	Sad, frustrated	Trust, honesty
Dumped on	Angry, overwhelmed	Respect, consideration
Harassed	Angry, frustrated, pressured, frightened	Respect, space, consideration, peace
Hassled	Irritated, distressed, angry, frustrated	Serenity, autonomy, choice of pace and method, calm, space

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Ignored	Lonely, scared, hurt, sad, embarrassed	Connection, belonging, inclusion, community, participation
Insulted	Angry, embarrassed	Respect, consideration, acknowledgement, recognition
Interrupted	Angry, frustrated, resentful, hurt	Respect, to be heard, consideration
Intimidated	Scared, anxious	Safety, equality, empowerment
Invalidated	Angry, hurt, resentful	Appreciation, respect, acknowledgement, recognition
Invisible	Sad, angry, lonely, scared	To be seen and heard, inclusion, belonging, companionship, community
Isolated	Lonely, afraid, scared	Community, inclusion, belonging, contribution
Judged	Resentful, scared, hurt, angry	To be seen, consideration, fairness, equality, justice
Left out	Sad, lonely, anxious	Inclusion, belonging, community, connection
Let down	Sad, disappointed, frightened	Trust, dependability
Manipulated	Angry, scared, powerless, thwarted, frustrated	Autonomy, empowerment, trust, equality, freedom, connection, authenticity
Mistrusted	Sad, angry	Trust
Misunderstood	Upset, angry, frustrated	To be heard, understanding, clarity
Neglected	Lonely, scared	Connection, inclusion, contribution, community, care, consideration
Overpowered	Angry, helpless, confused	Equality, justice, autonomy, freedom
Overworked	Angry, tired, frustrated, exhausted	Respect, consideration, rest, nurturing
Patronized	Angry, frustrated, resentful	Recognition, equality, respect, mutuality
Pressured	Anxious, resentful, overwhelmed	Relaxation, clarity, space, consideration
Provoked	Angry, frustrated, hostile, antagonistic, resentful	Respect, consideration
Put down	Angry, sad, embarrassed	Respect, acknowledgement, understanding
Rejected	Hurt, scared, angry, defiant	Belonging, inclusion, closeness, to be seen, acknowledgement, connection
Ripped off/screwed	Anger, resentment, disappointed	Consideration, justice, acknowledgement, trust

EVALUATIVE WORDS CONFUSED WITH FEELINGS

Smothered/suffocated	Frustrated, desperate, fear	Space, freedom, autonomy, authenticity, self-expression
Taken for granted	Sad, angry, hurt, disappointed	Appreciation, acknowledgement, recognition, consideration
Threatened	Scared, frightened, alarmed, agitated, defiant	Safety, autonomy
Trampled/walked on	Angry, frustrated overwhelmed	Empowerment, connection, community, to be seen, consideration, equality, respect, acknowledgement
Tricked	Embarrassed, angry, resentful	Integrity, honesty, trust
Unappreciated	Sad, angry, hostile, hurt	Appreciation, respect, acknowledgement, consideration
Unheard	Sad, hostile, frustrated	Understanding, consideration, empathy
Unloved	Sad, bewildered, frustrated	Love, appreciation, empathy, connection, community, compassion
Unseen	Sad, anxious, frustrated	Acknowledgement, to be seen, appreciation, to be heard
Unsupported	Sad, hurt, resentful	Support, understanding
Unwanted	Sad, anxious, frustrated	Belonging, inclusion, caring, nurturing
Used	Sad, angry, resentful	Autonomy, equality, consideration, mutuality
Victimized	Frightened, helpless	Empowerment, mutuality, safety, justice
Violated	Sad, anxious, agitated	Privacy, safety, trust, space, respect
Wronged	Angry, hurt, resentful, irritated	Respect, justice, trust, safety, fairness, equality