

CONVERT THE FOLLOWING WORDS INTO FEELINGS AND NEEDS

Words like 'Abandoned' and the list of words below express how we interpret what others have done to us, rather than how we are *feeling*. This list is a sampling of words that are more a mental projection of what we think some one has done to us rather than an authentic feeling. Please underline the words you are using and then convert them to feelings.

	Convert to Feelings	Need not met
1. Abandoned		
2. Abused		
3. Attacked		
4. Betrayed		
5. Boxed-in		
6. Bullied		
7. Cheated		
8. Coerced		
9. Cornered		
10. Diminished		
11. Distrusted		
12. Interrupted		
13. Let down		
14. Manipulated		
15. Misunderstood		
16. Neglected		
17. Overworked		
18. Patronized		
19. Pressured		
20. Provoked		
21. Put down		
22. Rejected		
23. Taken for granted		
24. Threatened		
25. Unappreciated		
26. Unheard		
27. Unseen		
28. Unsupported		
29. Unwanted		
30. Used		