

Belief-Based "Faux" Feelings

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

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

Examples:

- "I feel used" might mean you're furious 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
- "I feel manipulated" may be irritation and yearning for transparency
- "I feel inadequate" may be embarrassment because you want to be competent

