

# Non-Feelings

Words that describe what we think others are doing to us.  
(We are really blaming others.)

Abandoned	Intimidated	Put down
Attacked	Invalidated	Provoked
Blamed	Invisible	Rejected
Betrayed	Isolated	Smothered
Caged	Judged	Threatened
Cheated	Left out	Trampled
Cornered	Let down	Tricked
Criticized	Manipulated	Unaccepted
Disrespected	Misunderstood	Unappreciated
Distrusted	Neglected	Unheard
Dumped on	Overpowered	Unseen
Hassled	Overworked	Unwanted
Ignored	Patronized	Used
Insulted	Pressured	Violated

Words that describe what we think about ourselves.  
(We are really judging ourselves.)

Guilty	Insecure	Unimportant
Inadequate	Stupid	Unworthy
		Worthless



The  
Relationship  
Foundation

To learn how to articulate your needs and feelings without blaming others, and find out more about our programs for schools and organizations, go to our website: [www.trf.net](http://www.trf.net)