

INDIVIDUAL HANDOUT 6.5**Words which Express Thoughts instead of Feelings**

THOUGHTS: Experience or Evaluative Words	POSSIBLE FEELINGS:	THOUGHTS: Experience or Evaluative Words	POSSIBLE FEELINGS:
abandoned		manipulated	
abused		mistrusted	
attacked		misunderstood	
belittled		neglected	
betrayed		overpowered	
blamed		overworked	
bullied		patronized	
caged/boxed in		pressured	
cheated		provoked	
coerced		put down	
cornered		rejected	
criticized		ripped off/screwed	
disliked		taken for granted	
disrespected		threatened	
distrusted		thwarted	
dumped on		trampled	
harassed		tricked	
hassled		unappreciated	
ignored		unheard	
insulted		unloved	
interrupted		unseen	
intimidated		unsupported	
invalidated		unwanted	
invisible		used	
isolated		victimized	
judged		violated	
left out		wronged	
let down			

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THOUGHTS: Positive Experience or Positive Evaluative Word	POSSIBLE FEELINGS: