

Judgmental Thoughts Disguised as Feelings

Often these words are used as if they were feelings, but they are judgments. Consequently, these words are not used for expressing empathy or honesty.

| what I am, what you are... | what other people did | |
|---|-----------------------|-------------------|
| competent | abandoned | limited |
| despicable | abused | loved |
| ignorant | accepted | manipulated |
| important | acknowledged | mistreated |
| inadequate | appreciated | misunderstood |
| inferior | attacked | neglected |
| incompetent | betrayed | obligated |
| invisible | blamed | offended |
| prepared | cheated | overworked |
| protective | comforted | persecuted |
| ready | cornered | pressured |
| stupid | criticized | provoked |
| successful | deceived | punished |
| unimportant | despised | put down |
| unprepared | disrespected | reassured |
| unworthy | dominated | rejected |
| useless | excluded | respected |
| | exploited | stepped on |
| needs | flattered | supported |
| • I feel I need... | honored | taken for granted |
| • I wonder if you're feeling that you need... | ignored | threatened |
| | included | unappreciated |
| | insulted | unheard |
| | interrupted | unnoticed |
| | intimidated | unwanted |
| | invalidated | used |
| | judged | violated |
| | left out | wounded |

Note that anything following "I feel that..." or "I feel like..." is **not a feeling**. These statements are always followed by thoughts. Example: I feel like you don't care.

To help someone turn thoughts into feelings, ask:

When you think (he doesn't care), you feel...?