

Pseudo Feelings List

Pseudo feelings are abstract ideas and evaluations about us and how we think the world interacts with us. This list is derived from Nonviolent Communication 3rd edition, by *Marshall B. Rosenberg*, p. 43 and some of my own!

- Abandoned
- Abused
- Attacked
- Bad
- Belittled
- Betrayed
- Blamed
- Boxed-in
- Bullied
- Cheated
- Coerced
- Co-opted
- Cornered
- Criticised
- Diminished
- Discounted
- Dismissed
- Disrespected
- Distrusted
- Excluded
- Good
- Harassed
- Ignored
- Insulted
- Interrupted
- Intimidated
- Invalidated
- Invisible
- Isolated
- Judged
- Left out
- Let down
- Manipulated
- Misunderstood
- Neglected
- Not prioritised
- Overworked
- Patronised
- Pressured
- Provoked
- Punished
- Put down
- Rejected
- Respected
- Taken for granted
- Threatened
- Tricked
- Unappreciated
- Unheard
- Unloved
- Unseen
- Unsupported
- Unwanted
- Used
- Victimised
- Violated