



Ripples make waves...

Karen Starz

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Ninja Skills 101

Causal Attributions or Thoughts We Tell Ourselves	Possible Feelings	Possible Underlying Needs
Abused	Helpless, Scared, Angry, Sad, Distressed, Sensitive	Care, Compassion, Respect, Love
Appropriate/ Inappropriate	Annoyed, Disgruntled, Shocked, Surprised, Indignant, Embarrassed, Angry	Respect, Integrity, Sensitivity, Awareness, Understanding, Empathy, Trust, Caring, Support
Attacked	Scared, Angry, Confused	Safety, Respect, Understanding
Belittled	Indignant, Distressed, Tense, Embarrassed, Outraged, Downhearted	Respect, Autonomy, To Be Seen, Appreciation, Acknowledgment
Blamed	Angry, Scared, Hurt, Disappointed, Brokenhearted, Afraid	Fairness, Justice, Understanding
Betrayed	Stunned, Outraged, Hurt, Disappointed	Trust, Dependability, Honesty, Commitment, Clarity
Boxed In/Caged	Frustrated, Scared, Anxious, Angry, Jittery, Hot, Perplexed	Autonomy, Choice, Freedom, Self-Efficacy
Coerced	Angry, Frustrated, Anxious, Doubtful, Scared	Autonomy, Choice, Freedom, Self-Efficacy, Respect, Honesty
Criticized	Humiliated, Embarrassed, Irritated, Scared, Anxious, Annoyed	Understanding, Acknowledgement, Power-With, Empathy



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Causal Attributions or Thoughts We Tell Ourselves	Possible Feelings	Possible Underlying Needs
Disrespected	Furious, Hurt, Embarrassed, Frustrated, Disgusted	Respect, Trust, Acknowledgment, Shared Reality
Distrust(ed)	Hurt, Sad, Frustrated	Honesty, Authenticity, Integrity, Trust
Harassed	Angry, Aggravated, Frightened, Exasperated, Helpless, Hopeless	Respect, Consideration, Ease, Hope
Hassled	Irritated, Irked, Distressed, Frustrated, Annoyed, Leery	Autonomy, Ease, Calm, Peace, Peace of Mind, Space, Simplicity
Hung Out to Dry	Helpless, Powerless, Hopeless, Angry, Sad	To Be Seen, Trust, Support, Connection
Ignored	Sad, Melancholy, Angry, Annoyed	To Be Valued, To Matter, To be Seen, Community, Friendship
Insulted	Angry, Embarrassed, Incensed	Respect, Consideration, Harmony, To Be Seen
Interrupted	Irritated, Hurt, Resentful, Exasperated	To Be Heard, Respect, Consideration, To Matter, Clarity
Intimidated/ Bullied	Vulnerable, Frightened, Scared, Angry	To Be Valued, Trust, Physical Safety, Power in Your World, Independence, Self-Efficacy, Love
Isolated	Lonely, Despair, Sad, Frustrated, Hesitant, <i>Body Sensations</i> -Coldness, heaviness in the heart	Community, Belonging, Companionship, Connection, Love, To Be Seen, Mourning



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Causal Attributions or Thoughts We Tell Ourselves	Possible Feelings	Possible Underlying Needs
Jipped (Cheated)	Pissed, Surprised, Shocked, Mad, Helpless	Trust, Fairness
Judged	Angry, Helpless, Sad, Despair, Distressed, Uncomfortable	Acceptance, Love, Shared Reality, To Be Seen, Power In Your World, Recognition
Justified	Empowered, Angry, Incensed, Furious <i>Body Sensations-</i> Tightness in the jaw, heavy chest, neck pain	Equity, Justice, Fairness, Accountability, Connection, Trust, Love
Laughed At	Embarrassed, Lonely, Sad, Withdrawn	Respect, Trust, Empathy, Harmony, Care
Left Out/Invisible	Lonely, Sad, Anxious, Depressed, Despair, Hopeless	Community, Belonging, Connection, To Be Seen, A Place in Your World, Contribution, Power-With
Lied To/About	Sorrowful, Troubled, Vexed, Worried, Nervous, Confused	Trust, Understanding, To Be Seen
Maligned	Irked, Morose, Mad Anguished, Annoyed	Compassion, Respect, Warmth, Reassurance
Manipulated	Resentful, Vulnerable, Sad, Angry, Confused, Skeptical	Autonomy, Consideration, Power-With, Choice, Equity, Shared Reality
Misunderstood	Upset, Dismayed, Frustrated, Angry, Puzzled	Understanding, To Be Heard, Empathy, Clarity



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Causal Attributions or Thoughts We Tell Ourselves	Possible Feelings	Possible Underlying Needs
Mocked	Angry, Embarrassed, Resistant	To Matter, Compassion, Love, Kindness, Understanding
Overworked	Angry, Tired, Frustrated, Resentful, Exhausted, Weary <i>Body Sensations-</i> Aches and pains	Rest, Relaxation, Respect, Self-Care, Ease, Understanding, Shared Reality, Fun, Play
Pressured	Overwhelmed, Anxious, Resentful	Relaxation, Ease, Clarity, Space, Consideration
Rejected	Hurt, Scared, Angry, Defiant, Worried, Heartbroken	Belonging, Connection, Acknowledgment, Community, Love, Acceptance, Self-Acceptance, Security
Taken Advantage Of	Hurt, Scared, Angry, Sad, Surprised	Belonging, Connection, Acknowledgment, Trust
Taken for Granted	Hurt, Disappointed, Angry, Helpless, Nervous	Appreciation, Love, Recognition, Consideration
Tricked	Indignant, Embarrassed, Furious, Worried	Integrity, Honesty, Trust, Autonomy
Unappreciated	Sad, Hurt, Frustrated, Irritated	Appreciation, Acknowledgment, Respect, To Be Seen, To Be Valued, Hope, Purpose, Self-Worth



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Causal Attributions or Thoughts We Tell Ourselves	Possible Feelings	Possible Underlying Needs
Used	Tired, Lonely, Frustrated	Appreciation, Consideration, Acknowledgment, Celebration
Unsupported	Helpless, Hopeless, Hurt, Resentful, Angry, Sad, Lonely, Concerned, Devastated	Support, Understanding, Shared Reality, Mutuality, Balance, Equity
Violated	Outraged, Agitated, Anxious, Sad, Apathetic, Lonely, Scared, Worried	Safety, Trust, Space, respect, Caring, Love, Support

This is not an exhaustive list and is an attempt to translate the thoughts we tell ourselves to actual feelings and needs, with the aim of self-connection and connection with the other. You may notice that these are all feelings when needs seem to be unmet. There is a whole other chart of feelings when needs seem to be met.

***Please note that needs of Respect, Justice, Appreciation, Accountability, and To Be Valued must all be handled with care. They can often be used as a judgment. It is important to be self-responsible when naming these needs are not met for you/others instead of assigning blame. We fully have the capacity to meet our own needs within, and in community we make doable requests to meet those needs together in power with each other.