

Belongly



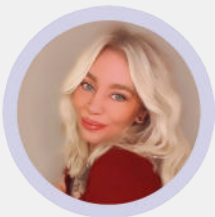
Words We Confuse with Emotions Client Handout

Dive into the “Emotional Thesaurus,” an insightful new tool that will illuminate and empower both you and your patients.



Dive into the “Emotional Thesaurus,” an insightful new tool that will illuminate and empower both you and your patients. This clever lexicon transforms the struggle to express emotions from a murky mess into clear ‘aha!’ moments with the perfect word. Simple yet profound, the Emotional Thesaurus will become your insightful companion for navigating the sea of human feeling. Let its wisdom wash over you and your practice in wave after wave of ‘aha!’ moments. Your ability to foster emotional awareness in patients will grow exponentially.

Hang it in your office as an ever-present resource. Craft it into a pocket guidebook to have on-hand when patients get stuck. Use it to create worksheets tailored to each client’s emotional needs. Watch understanding bring confidence, connection, and breakthroughs. Owning the full range of human emotion will enrich your perspective and approach. You’ll gain insights into experiences once obscured. Your increased fluency will strengthen rapport and outcomes. Uplift your practice with this powerful vocabulary for feelings.



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Dani Allen is the Clinical Outreach and Development Manager for [Belongly](#). At [Belongly](#) she is responsible for engaging in outreach and marketing efforts to establish collaborative alliances with mental health practitioners who can gain value from the Belongly community while supporting clinical referrals for therapists and facilitating networking connections. She offers specialized knowledge on mental health subjects and the requirements of therapists and creates valuable downloadable content and resources for existing and prospective members of the [Belongly Community](#).

Cracking the Emotional Code

Imagine a world where 'feeling down' is just the tip of the emotional iceberg. "The Emotional Thesaurus" is the friendly guide that helps everyone look below the surface. It's like the decoder ring that everyone wished they had during an intense movie – except this time, it's for navigating the emotional narrative of real life.

Evaluation, Emotion, and the Deep Dive Beneath Evaluative words often masquerade as emotions. Here's the twist: they're just the opening act. With this thesaurus, clients can tell the difference between surface reactions and the deeper emotions playing in the background, like understanding the difference between the ripples and the deep waters that create them.

Secondary Reactions and Soft Emotions Sometimes a reaction is just that—a reaction. Secondary emotions like anger might be easier to express but can be smoke screens for softer, more vulnerable feelings underneath. This resource helps to gently usher those soft emotions into the spotlight, acknowledging their importance in the healing process.

How This Thesaurus Works Its Magic In session, "The Emotional Thesaurus" isn't just a reference—it's a pathway to conversation and discovery. It invites a deeper dive into the emotional layers, guiding clients to a more nuanced understanding of their internal world.

The Richness of 'The Emotional Thesaurus'

- Enriches the emotional dialogue with precision and care.
- Helps to distinguish between the loud bangs of secondary emotions and the quiet hum of primary feelings.
- Arms clients with the language to express their most delicate emotions, often hidden under protective layers.
- Supports a holistic understanding of emotional responses, fostering a richer therapeutic conversation.
- Encourages recognition and validation of all emotional experiences, from the faintest heart's whisper to the most boisterous outcry.

Signing Off: "The Emotional Thesaurus" doesn't just add words to your client's emotional vocabulary; it adds depth, color, and texture. It's the difference between a sketch and a masterpiece, the detail that turns a hunch into a knowing. Let's give your clients the gift of understanding their emotional palette in high definition. Time to turn the page and start defining the feelings that define us.

Emotional Thesaurus

EVALUATION	EMOTION	NEED	EVALUATION	EMOTION	NEED
Abandoned	Lonely, terrified, hurt, bewildered, sad, frightened	Nurturance, connection, belonging, support, caring, community	Harassed	Angry, frustrated, frightened, overwhelmed, distressed	Respect, peace, space, consideration, safety
Attacked	Scared, angry, defiant, afraid, vulnerable, hostile, vengeful	Safety, consideration, respect, support	Hassled	Irritated, distressed, angry, frustrated, overwhelmed	Serenity, autonomy, choice, clarity, calm, space
Belittled	Angry, frustrated, tense, distressed, vulnerable	Respect, autonomy, seen for true self, acknowledgement, appreciation	Ignored	Lonely, scared, hurt, embarrassed, sad, despair	Connection, belonging, inclusion, community, participation
Betrayed	Angry, hurt, disappointed	Trust, dependability, honesty, honour, integrity, commitment, clarity	Insulted	Angry, embarrassed, hurt, vulnerable, lonely	Respect, consideration, acknowledgement, recognition
Blamed	Angry, scared, confused, antagonistic, hostile, hurt	Accountability, fairness, causality, clarity, truth, justice	Interrupted	Angry, frustrated, resentful, hurt	Respect, to be heard, consideration
Bullied	Angry, scared, afraid, overwhelmed, vulnerable, lonely	Autonomy, choice, safety, consideration	Intimidated	Scared, anxious, hurt, vulnerable, distressed	Safety, empowerment, equality
Cheated	Resentful, hurt, angry, disappointed	Honesty, fairness, justice, trust, reliability	Invalidated	Angry, hurt, resentful, lonely, vulnerable, angry	Appreciation, respect, acknowledgement, recognition
Coerced	Frightened, scared, angry, frustrated, guilty	Autonomy, choice, freedom, respect, accountability	Invisible	Lonely, sad, angry, afraid	To be seen and heard, inclusion, belonging, companionship, community
Criticized	Scared, anxious, hurt, angry, embarrassed, lonely, vulnerable	Understanding, recognition, acknowledgement, respectful communication, accountability	Isolated	Lonely, afraid, scared	Community, inclusion, belonging, contribution
Discounted	Hurt, angry, embarrassed, frustrated, lonely	Acknowledgement, inclusion, recognition, respect	Judged	Resentful, scared, hurt, angry, vulnerable, embarrassed	To be seen, consideration, fairness, equality, justice, clarity
Dumped On	Overwhelmed, frustrated, angry, annoyed	Respect, consideration, equality	Left Out	Lonely, sad, anxious, disappointed, jealous	Trust, inclusion, dependability, connection, community, nurturance

Emotional Thesaurus

EVALUATION	EMOTION	NEED	EVALUATION	EMOTION	NEED
Manipulated	Angry, scared, powerless, thwarted, frustrated, vulnerable	Autonomy, empowerment, trust, equality, freedom, connection, authenticity, honesty	Taken for Granted	Sad, angry, hurt, disappointed, inferior,	Appreciation, recognition, acknowledgement, consideration
Mistrusted	Sad, angry, vulnerable	Trust	Tricked	Embarrassed, angry, sad, resentful, confused	Integrity, honesty, trust, acknowledgement
Misunderstood	Upset, hurt, confused, angry, frustrated, apathetic	To be heard, understanding, clarity, acknowledgement	Threatened	Scared, frightened, alarmed, agitated, defiant	Safety, autonomy
Neglected	Lonely, scared, vulnerable, powerless	Connection, inclusion, community, care, consideration, nurturance	Unappreciated	Sad, angry, hostile, hurt, withdrawn, somber	Appreciation, respect, acknowledgement, consideration
Patronized	Angry, frustrated, resentful, vulnerable	Recognition, equality, respect, mutuality	Unloved	Sad, frustrated, hurt, angry, detached	Love, appreciation, empathy, connection, compassion
Pressured	Anxious, overwhelmed, resentful, apprehensive, insecure	Relaxation, equality, mutuality, individuality, clarity, space, consideration	Unwanted	Sad, inferior, frustrated, concerned, anxious	Belonging, inclusion, nurturing, compassion, consideration
Provoked	Angry, frustrated, hostile, antagonistic, resentful, furious	Respect, consideration	Used	Resentful, sad, angry, upset	Autonomy, equality, consideration, mutuality
Put Down	Sad, defensive, angry, embarrassed	Respect, understanding, acknowledgement, equality	Victimized	Frightened, helpless, powerless, anxious, sad	Empowerment, mutuality, safety, justice, support
Rejected	Hurt, scared, angry, defiant, embarrassed, disappointed, discouraged, vulnerable	Belonging, acceptance, inclusion, closeness, to be seen, connection, support	Violated	Sad, hurt, anxious, agitated, frightened	Privacy, safety, autonomy, trust, space, respect
Ripped Off	Anger, resentful, disappointed, discouraged, embarrassed	Justice, consideration, trust, honesty, acknowledgement	Walked On	Angry, frustrated, overwhelmed, resentful	Empowerment, connection, community, consideration, respect, equality
Smothered	Fear, frustrated, desperate	Freedom, autonomy, authenticity, self-expression, space, individuality	Wronged	Angry, hurt, resentful, irritated, vengeful	Respect, justice, trust, safety, fairness, equality



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