

# Feelings vs. Interpretations

The following words are often used as attempts to express feelings, but are actually interpretations of others' behaviors. To better foster self-connection and connection with others, try to identify and express the **Feelings and Needs** that may be underlying these interpretations. For example, the statement *I feel judged* may indicate feelings of *hurt* and a need for *acceptance*. Note that many of the words below end in “-ed”.

