

## Pseudo Feelings Card Game

I wanted to create a playful activity that dealt with a challenging concept; “Faux” or “Pseudo” feelings. These are words that are used as feelings but, in reality, are thoughts that often feel like judgments to the person receiving them. Many of these words, when reversed, are actually needs. For example:

**unaccepted** is a judgement that someone isn't accepting me and my need is to be accepted.

**disrespected** is a judgement that someone isn't respecting me and my need is to be respected.

**Violated** is a judgement that someone is invading my space and my need might be safety, or respect.

None of these words identify actual feelings.

One way to play: Divide into small groups (or one group if the numbers are small). Pass out several cards to each person. Have one person read a card as a feeling: “I am feeling attacked.” Have each remaining member of the group respond, one at a time with a possible feeling word that might more clearly identify the person's feeling. “When you think you are being ..., are you feeling ...?”

Example: “When you think you are being attacked, are you feeling scared?”

I like this format because we are reflecting the word back as a thought rather than as a feeling. One practice group member pointed out that if we put any emphasis on the word “think” it can sound sarcastic and/or judgmental.

After a few rounds of identifying feelings, you might go back and also identify the needs that may be the source of the feelings.

To establish a color code that doesn't conflict with the current O, F, N, R colors of Yellow, Red, Blue and Green I want to suggest Orange for these pseudo-feelings.

Please send me any ideas for games to use these cards. I would enjoy the collaboration.

Cordially,

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<b>Abandoned</b>	<b>Abused</b>	<b>Not Accepted</b>	<b>Belittled</b>
??	??	??	??
<b>Abandoned</b>	<b>Abused</b>	<b>Not Accepted</b>	<b>Belittled</b>
??	??	??	??
<b>Betrayed</b>	<b>Blamed</b>	<b>Bullied</b>	<b>Caged/ boxed in</b>
??	??	??	??
<b>Betrayed</b>	<b>Blamed</b>	<b>Bullied</b>	<b>Caged/ boxed in</b>
??	??	??	??

<b>Cheated</b>	<b>Coerced</b>	<b>Cornered</b>	<b>Criticized</b>
??	??	??	??
<b>Cheated</b>	<b>Coerced</b>	<b>Cornered</b>	<b>Criticized</b>
<b>Discounted</b>	<b>Disliked</b>	<b>Dumped on</b>	<b>Harrassed</b>
??	??	??	??
<b>Discounted</b>	<b>Disliked</b>	<b>Dumped on</b>	<b>Harrassed</b>

<b>Isolated</b>	<b>Invisible</b>	<b>Invalidated</b>	<b>Intimidated</b>
???	???	???	???
<b>Isolated</b>	<b>Invisible</b>	<b>Invalidated</b>	<b>Intimidated</b>
???	???	???	???
<b>Hassled</b>	<b>Insulted</b>	<b>Interrupted</b>	<b>Ignored</b>
???	???	???	???
<b>Hassled</b>	<b>Insulted</b>	<b>Interrupted</b>	<b>Ignored</b>
???	???	???	???

<b>Misunderstood</b>	<b>Neglected</b>	<b>Overpowered</b>	<b>Overworked</b>
??	??	??	??
<b>Misunderstood</b>	<b>Neglected</b>	<b>Overpowered</b>	<b>Overworked</b>
<b>Left out</b>	<b>Let down</b>	<b>Manipulated</b>	<b>Mistrusted</b>
??	??	??	??
<b>Left out</b>	<b>Let down</b>	<b>Manipulated</b>	<b>Mistrusted</b>

<b>Patronized</b>	<b>Patronized</b>	<b>Patronized</b>	<b>Patronized</b>	<b>Patronized</b>
??	??	??	??	??
<b>Pressured</b>	<b>Pressured</b>	<b>Pressured</b>	<b>Pressured</b>	<b>Pressured</b>
??	??	??	??	??
<b>Provoked</b>	<b>Provoked</b>	<b>Provoked</b>	<b>Provoked</b>	<b>Provoked</b>
??	??	??	??	??
<b>Put down</b>	<b>Put down</b>	<b>Put down</b>	<b>Put down</b>	<b>Put down</b>
??	??	??	??	??
<b>Rejected</b>	<b>Rejected</b>	<b>Rejected</b>	<b>Rejected</b>	<b>Rejected</b>
??	??	??	??	??
<b>Ripped off</b>	<b>Ripped off</b>	<b>Ripped off</b>	<b>Ripped off</b>	<b>Ripped off</b>
??	??	??	??	??
<b>Smothered</b>	<b>Smothered</b>	<b>Smothered</b>	<b>Smothered</b>	<b>Smothered</b>
??	??	??	??	??
<b>Taken for granted</b>	<b>Taken for granted</b>	<b>Taken for granted</b>	<b>Taken for granted</b>	<b>Taken for granted</b>
??	??	??	??	??

<b>Unheard</b>	<b>Unloved</b>	<b>Unseen</b>	<b>Unsupported</b>
??	??	??	??
<b>Unheard</b>	<b>Unloved</b>	<b>Unseen</b>	<b>Unsupported</b>
Threatened	Trampled	Tricked	Unappreciated
??	??	??	??
<b>Threatened</b>	<b>Trampled</b>	<b>Tricked</b>	<b>Unappreciated</b>
Threatened	Trampled	Tricked	Unappreciated
??	??	??	??
<b>Threatened</b>	<b>Trampled</b>	<b>Tricked</b>	<b>Unappreciated</b>

<b>Wronged</b>	<b>Wronged</b>	<b>Wronged</b>	<b>Wronged</b>
??	??	??	??
<b>Unwanted</b>	<b>Used</b>	<b>Victimized</b>	<b>Violated</b>
??	??	??	??