

## Faux Feelings

### TRANSLATING JACKAL

#### A Translation of Words Frequently Confused With Feelings

The feelings and needs listed below are suggestions only; this list is neither complete nor definitive. It is intended to assist you when translating evaluative words which are often confused with feelings. These words imply that someone is doing something to you and generally connote wrongness or blame. When somebody says, "I'm feeling rejected," in nonviolent communication you might empathically translate this as: "Are you feeling scared because you would really like to be included?"

Jackal Word	Giraffe Feeling(s)	Giraffe Need(s)
Abandoned	Terrified, hurt, bewildered, sad, frightened, lonely	Nurturing, connection, belonging, support, caring
Abused	Angry, frustrated, frightened	Caring, nurturing, support, emotional or physical wellbeing, consideration, need for all living things to flourish
(not) accepted	Scared, lonely, hurt, anxiety	Inclusion, connection, community, belonging, contribution, peer respect
Attacked	Scared, angry, defiant, hostile	Safety, consideration
Belittled	Angry, frustrated, tense, distressed	Respect, autonomy, to be seen, acknowledgment, appreciation
Betrayed	Angry, hurt, disappointed, enraged	Trust, dependability, honesty, honor, commitment, clarity
Blamed	Angry, scared, confused, antagonistic, hostile, bewildered, hurt	Accountability, causality, fairness, justice
Bullied	Angry, scared, pressured	Autonomy, choice, safety, consideration
Caged / boxed in	Angry, thwarted, scared, anxious	Autonomy, choice, freedom
Cheated	Resentful, hurt, angry	Honesty, fairness, justice, trust, reliability
Coerced	Angry, frustrated, frightened, thwarted, scared	Choice, autonomy, freedom, act freely, choose freely
Cornered	Angry, scared, anxious, thwarted	Autonomy, freedom
Criticized	In pain, scared, anxious, frustrated, humiliated, angry, embarrassed	Understanding, acknowledgment, recognition, accountability, respectful communication
Discounted Diminished	Hurt, angry, embarrassed, frustrated	Need to matter, acknowledgment, inclusion, friendship, inclusion
Distrust	Sad, frustrated	Trust, honesty
Dumped on	Angry, overwhelmed	Respect, consideration
Harassed	Angry, frustrated, pressured, frightened	Respect, space, consideration, peace
Hassled	Irritated, distressed, angry, frustrated	Serenity, autonomy, to do things at my own pace in my own calm way, calm, space
Ignored	Lonely, scared, hurt, sad, embarrassed	Connection, belonging, inclusion, community, participation
Insulted	Angry, embarrassed	Respect, consideration, acknowledgment
Interrupted	Angry, frustrated, resentful, hurt	Respect, to be heard, consideration

# WISE COMMUNICATION

with Susie Spiller

Intimidated	Scared, anxiety	Safety, equality, empowerment
Invalidated	Angry, hurt, resentful	Appreciation, respect, acknowledgment, recognition
Invisible	Sad, angry, lonely, scared	To be seen and heard, inclusion, belonging, community
Isolated	Lonely, afraid, scared	Community, inclusion, belonging, contribution
Left out	Sad, lonely, anxious	Inclusion, belonging, community, connection
Let down	Sad, disappointed, frightened	Consistency, trust, dependability
Manipulated	Angry, scared, powerless, thwarted, frustrated	Autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness
Mistrusted	Sad, angry	Trust
Misunderstood	Upset, angry, frustrated	To be heard, understanding, clarity
Neglected	Lonely, scared	Connection, inclusion, participation, community, to be cared for, to matter, consideration
Overpowered	Angry, impotent, helpless, confused	Equality, justice, autonomy, freedom
Overworked	Angry, tired, frustrated	Respect, consideration, rest, caring
Patronized	Angry, frustrated, resentful	Recognition, equality, respect, mutuality
Pressured	Anxious, resentful, overwhelmed	Relaxation, clarity, space, consideration
Provoked	Angry, frustrated hostile, antagonistic, resentful	Respect, consideration
Put down	Angry, sad, embarrassed	Respect, acknowledgment, understanding
Rejected	Hurt, scared, angry, defiant	Belonging, inclusion, closeness, to be seen, acknowledgment, connection
Ripped off / screwed	Anger, resentment, disappointment	Consideration, justice, acknowledgment, trust
Smothered / suffocated	Frustrated, desperate, fearful	Space, freedom, autonomy, authenticity, self expression
Taken for granted	Sad, angry, hurt, disappointed	Appreciation, acknowledgment, recognition, consideration
Threatened	Scared, frightened, alarmed, agitated, defiant	Safety, autonomy
Trampled	Angry, frustrated, overwhelmed	Empowerment, connection, community, being seen, consideration, equality, respect, acknowledgment
Tricked	Embarrassed, angry, resentful	Integrity, trust, honesty
Unappreciated	Sad, angry, hurt, frustrated	Appreciation, respect, acknowledgment, consideration
Unheard	Sad, hostile, frustrated	Love, appreciation, empathy, connection, community
Unseen	Sad, anxious, frustrated	Acknowledgment, appreciation, be heard
Unsupported	Sad, hurt, resentful	Support, understanding
Unwanted	Sad, anxious, frustrated	Belonging, inclusion, caring
Used	Sad, angry, resentful	Autonomy, equality, consideration, mutuality
Victimized	Frightened, helpless	Empowerment, mutuality, safety, justice

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## UPLIFTED

happy  
glad  
joyful  
grateful  
fortunate  
gratified  
thankful  
hopeful  
satisfied  
pleased  
encouraged  
delighted  
inspired  
enchanted  
elated  
ecstatic  
ebullient  
euphoric  
gleeful  
relieved  
uplifted  
optimistic  
content  
fulfilled  
blissful  
lighthearted  
cheerful  
upbeat  
overjoyed  
walking on air  
on top of the world  
amused

## EMPOWERED

strong  
confident  
bold  
courageous  
brave  
proud  
worthy  
valued  
cherished  
resourceful  
powerful  
assertive  
assured  
authentic  
adventurous/daring  
solid/grounded  
stable  
secure  
steady  
self-assured  
open  
responsive  
dynamic  
flexible  
decisive  
composed  
cooperative  
supportive  
protective  
loving/caring  
effective  
generous

## ENGAGED

enthusiastic  
curious  
playful  
interested  
attentive  
eager  
excited  
engaged  
stimulated  
energized  
expansive  
excited  
desire  
aroused  
frisky  
attracted  
creative  
fascinated  
absorbed  
determined  
involved  
alert  
inspired  
passionate  
exhilarated  
exuberant  
thrilled  
animated  
in the zone  
awed  
alive  
sensuous

## AT EASE

peaceful  
calm  
soothed  
serene  
quiet  
clear  
affectionate  
trusting  
present  
relaxed  
unworried  
unhurried  
meditative  
open  
kind  
warm  
tender  
friendly  
trusting  
carefree  
gentle  
patient  
balanced  
whole  
radiant  
understanding  
open-hearted  
safe  
free

## Describing Feelings with Granularity

Naming specific feelings can help make sense of our internal experience, and attune to the internal experience of others. Feelings can signal whether underlying needs are getting met in ourselves and in others.

## DISPIRITED

sad  
blue  
pained  
troubled  
burdened  
hurt  
heartbroken  
heavy-hearted  
discouraged  
distressed  
depressed  
despondent  
helpless  
lonely  
alone  
isolated  
teary  
cold  
gloomy  
miserable  
dejected  
melancholic  
grim  
glum  
downcast  
dejected  
crestfallen  
joyless  
grieving  
remorse  
regretful  
low  
sorrowful  
despair  
hopeless

## DISEMPOWERED

frustrated  
annoyed  
upset  
pissed off  
aggressive  
angry/enraged  
irritated  
irritable  
cranky  
touchy  
disagreeable  
furious  
resentful  
desperate  
triggered  
reactive  
defensive  
demanding  
resistant  
weak  
overwhelmed  
disgusted  
contempt  
jealous/envious  
exasperated  
bitter  
pessimistic  
antagonistic  
hate  
rage  
powerless  
stuck  
unworthy  
insignificant

## DISENGAGED

exhausted  
fatigued  
bored  
sleepy  
tired  
overwhelm  
worn down  
worn out  
wiped out  
stressed out  
weary  
sluggish  
disinterest  
indifferent  
detached  
withdrawn  
listless  
lethargic  
blah  
emotionless  
empty  
numb  
run down  
spent  
drained  
useless  
uncaring  
dead  
apathetic

## UNEASY

uncomfortable  
anxious  
worried  
afraid  
scared/frightened  
unsafe  
hesitant  
reluctant  
suspicious  
wary  
embarrassed  
ashamed  
apprehensive  
cautious  
guarded  
vulnerable  
vigilant  
shy  
sheepish  
skeptical  
alarmed  
tense  
impatient  
jumpy  
nervous  
panicked  
disturbed  
horrified  
frozen  
trembling  
paralyzed

## DISORIENTED

confused  
surprised  
puzzled  
unsure  
unclear  
at a loss  
torn  
startled  
astonished  
flustered  
shocked  
rattled  
mixed up  
self-doubting  
bewildered  
perplexed  
befuddled  
mystified  
baffled  
chaotic  
all over the place  
dazed  
stumped  
stunned  
crazy  
unhinged  
bumbling  
discombobulated  
dumbfounded  
stupid

# WISE COMMUNICATION

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## GENERAL WELL-BEING

physical health  
mental-emotional health  
resiliency  
flexibility  
adaptability  
rest & relaxation  
healing & rejuvenation  
sustenance & shelter  
movement  
self care  
encouragement  
self-compassion  
self-soothing  
nurturance  
touch  
ease  
simplicity  
beauty  
order  
space  
quiet  
balance  
wholeness  
sustainability  
self-trust & confidence  
internal peace  
embracing "what is"  
ability to identify one's feelings  
ability to meet one's needs  
ability to tolerate discomfort  
self-acceptance

## CONNECTION

belonging  
inclusion  
community  
kindness  
consideration  
caring  
cooperation  
teamwork  
help  
communication  
presence  
attunement  
resonance  
friendship  
acceptance  
companionship  
mutuality  
sharing  
welcoming  
warmth  
affection  
tenderness  
closeness  
intimacy  
love  
self-connection

## SAFETY

trust  
psychological safety  
physical safety  
perceived fairness  
protection  
respect  
consideration  
cooperation  
support  
backing  
mutuality  
negotiability  
honesty  
integrity  
authenticity  
transparency  
congruency  
accountability  
responsibility  
dependability  
predictability  
to be valued  
structure  
stability  
sustainability  
privacy  
unity  
dignity  
harmony  
reconciliation  
shared reality

## UNDERSTANDING

clarity  
discernment  
curiosity  
context  
awareness & self-awareness  
self-understanding  
communication  
to comprehend  
to be understood  
empathy  
compassion  
acknowledgement  
expressing regret  
forgiveness  
reconciliation  
to see, to hear, to know  
to be seen, to be heard, to be known  
recognizing facts  
understanding differences in perception  
understanding intentions  
understanding expectations  
understanding effects & impacts  
understanding meaning  
recognizing bias  
recognizing power differentials  
recognizing systemic bias

## Identifying Functional Needs & Values

### "Cognitive Empathy"

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Functional Needs & Values are underlying qualities universal to the well-being of individuals, relationships and groups.

Conflicts (whether internal or interpersonal) typically arise when needs are unmet and trigger emotional reactions (such as demands, defensiveness, and expressions of blame and wrongness).

Identifying needs before discussing strategies clarifies the underlying motivations behind strategies, actions and goals.

## MEANING

purpose  
autonomy  
to choose  
to contribute  
to matter & to make a difference  
to have contribution acknowledged  
creativity & innovation  
self-expression & participation  
to be seen, heard, known  
celebration and gratitude  
embracing loss & to mourn  
embracing vulnerability  
enjoyment  
excellence  
competence & effectiveness  
mastery  
achievement  
engagement  
exploration  
learning  
growth  
teaching  
play  
humor  
hope  
transcendence