

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

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

WISE COMMUNICATION

with Susie Spiller

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"

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