

Nonviolent Communication

Feelings



Feelings

These are sensations and emotions that are experienced in the body. Feelings function as signals that my needs are met or unmet. For example I might feel lonely and long for companionship, or feel relieved because my needs for reassurance and safety are met. Feelings arise as a result of my needs being met or unmet and not because of the situation. The situation is the stimulus for my feelings and the needs are the cause. When I take responsibility for my feelings, then I focus my awareness on the needs behind the feeling rather than focusing my attention on the action that stimulated the feeling.



False feelings (Thoughts disguised as feelings)

Feelings can be confused with words that sound like feelings but are in truth interpretations of a situation or thoughts about how I feel. i.e. I feel misunderstood, I feel rejected, or I feel abandoned. Although the word 'feel' precedes them, they describe a belief or interpretation of a situation. When I have the thought that you are rejecting me, I might be feeling hurt, angry, scared and perhaps long for reassurance, connection and reciprocity.

Similarly in our habitual language we sometimes use the words "I feel..." followed by:

- "that", like, as if. (I feel that you should be more considerate. I feel like he doesn't really care about us.)
- I, you, she, he, they (I feel she is constantly judging me)
- "I feel..." followed by nouns or names referring to other people (I feel my partner is a narcissist)
- "I feel..." followed by descriptions of what we think (I feel clumsy)

We can reconnect to our true feelings when we catch ourselves using one of these false feeling words or phrases. When you notice yourself or another expressing a false feeling(thought disguised as a feeling) try to identify what feelings/emotions are hidden behind these thoughts and which beautiful need is calling for attention.

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Faux feelings list

Examples of evaluative words often confused with feelings

The following are examples of words that are often confused with feelings. It is not a complete or definitive list.



False feelings

abandoned
abused
attacked
betrayed
cheated
coerced
disrespected
distrusted
harassed
ignored
insulted
intimidated
invalidated
invisible
left out
manipulated
misunderstood
neglected
overworked
patronized
put down
rejected
trapped
tricked
unappreciated
unsupported
unwanted



Possible feelings

angry, hurt, lonely, bewildered
angry, frightened, frustrated
scared, defiant, angry, upset
angry, hurt, disappointed
hurt, resentful, furious
frightened, angry, thwarted
angry, hurt, shocked
hurt, lonely, sad, frustrated
angry, frightened, tense
hurt, lonely, scared, insecure
angry, embarrassed
anxious, nervous, scared
hurt, resentful, angry
sad, lonely, angry, afraid
sad, lonely, anxious
angry, powerless, scared
angry, disappointed, upset
scared, lonely
exhausted, frustrated, angry
angry, resentful, frustrated
angry, sad, embarrassed
hurt, scared, angry, defiant
scared, overwhelmed, panicked
embarrassed, resentful, angry
sad, angry, hostile, hurt
sad, hurt, resentful
lonely, scared,



Possible needs

care, connection, support, nurturing
safety, support, care, consideration
safety, reassurance, consideration
trust, reliability, honesty, clarity
honesty, fairness, trust, justice
autonomy, choice, freedom
acknowledgment, respect, care
trust, connection, honesty
respect, space, peace, consideration
inclusion, connection, participation
respect, consideration, recognition
safety, equality, empowerment
appreciation, respect, recognition
to be seen/heard, belonging,
community, inclusion, participation
autonomy, trust, empowerment
understanding, connection
connection, inclusion, consideration
consideration, rest, nurturing
equality, respect, mutuality
equality, being seen/heard
inclusion, care, consideration
space, autonomy, safety
honesty, integrity, respect
being seen/heard, appreciation
support, care, collaboration
inclusion, community, connection