

Faux Feelings imply that someone is doing something to me and connote wrongness or blame

Created in the April 2000 Wisconsin IIT, edited by Susan Skye and Jorge Rubio

Faux feeling

Abandoned
 Abused
 (Not) accepted
 Attacked
 Belittled
 Betrayed
 Blamed
 Bullied
 Cheated
 Coerced
 Cornered
 Criticized
 Discounted
 Disliked
 Disrespected
 Distrusted
 Dumped on
 Harassed
 Hassled
 Ignored
 Insulted
 Interrupted
 Intimidated
 Invalidated
 Invisible
 Isolated
 Left Out
 Let down
 Manipulated
 Mistrusted
 Misunderstood
 Neglected
 Overpowered
 Overworked
 Patronized
 Pressured
 Provoked
 Put down
 Rejected
 Ripped off/Screwed
 Smothered/Suffocated
 Taken for granted
 Threatened
 Trampled
 Tricked
 Unappreciated
 Unheard
 Unloved
 Unseen
 Unsupported
 Unwanted
 Used
 Victimized
 Violated
 Wronged

Probable Feelings

Terrified, hurt, bewildered, sad, frightened, lonely
 Angry, frustrated, frightened
 Upset, scared, lonely
 Scared, angry
 Angry, frustrated, tense, distressed
 Angry, hurt, disappointed
 Angry, scared, confused, antagonistic, hostile
 Angry, scared
 Resentful, hurt, angry
 Angry, frustrated, frightened, scared
 Angry, scared, anxious
 In pain, scared, anxious
 Hurt, angry, embarrassed, frustrated
 Sad, lonely, hurt
 Angry, scared, embarrassed, hurt
 Sad, frustrated
 Angry, overwhelmed
 Angry, frustrated, pressured, frightened
 Irritated, distressed, angry, frustrated
 Hurt, sad, frustrated
 Angry, embarrassed
 Angry, frustrated, resentful, hurt
 Scared, anxious
 Angry, hurt, resentful
 Sad, angry, lonely, scared
 Lonely, afraid, scared
 Sad, lonely, anxious
 Sad, disappointed, frightened
 Angry, scared, powerless, frustrated
 Sad, angry
 Upset, angry, frustrated
 Lonely, scared
 Angry, impotent, helpless, confused
 Angry, tired, frustrated
 Angry, frustrated, resentful
 Anxious, resentful, overwhelmed
 Hurt, sad, disappointed
 Angry, resentful
 Annoyed, frustrated
 Hurt, scared, angry
 Angry, resentful, disappointed
 Frustrated, afraid, desperate
 Sad, angry, hurt, disappointed
 Sad, hurt
 Angry, frustrated
 Embarrassed, angry, resentful
 Sad, angry, hurt, frustrated
 Sad, hostile, frustrated
 Sad, bewildered, frustrated
 Sad, anxious, frustrated
 Sad, hurt, resentful
 Sad, anxious, frustrated
 Sad, angry, resentful, scared

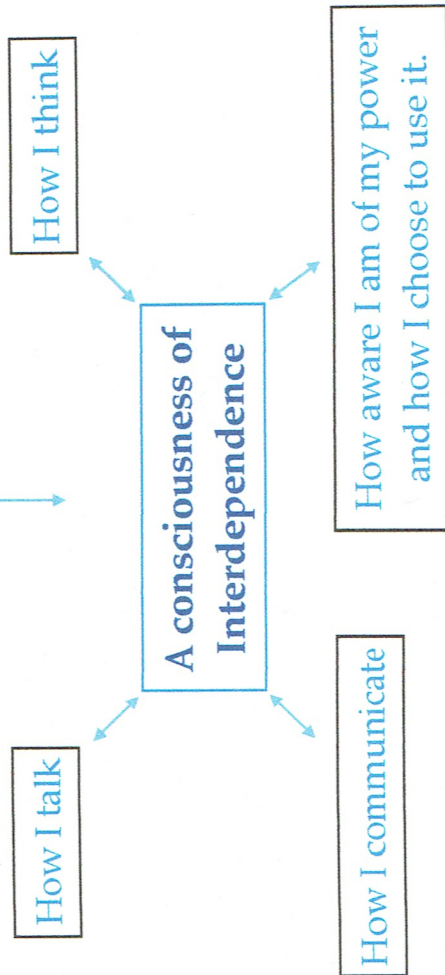
Probable Needs

Nurturing, connection, belonging, caring
 Caring, nurturing, support, well-being
 Inclusion, connection, community, belonging
 Safety
 Respect, to be seen, acknowledgment
 Trust, dependability, honesty
 Respect, safety, understanding
 Autonomy, choice, safety, consideration
 Honesty, trust, reliability
 Choice, autonomy, freedom
 Autonomy, freedom
 Understanding, recognition
 To matter, acknowledgement, inclusion
 Connection, appreciation, understanding
 Respect
 Trust, honesty
 Respect, consideration
 Respect, space, consideration, peace
 Autonomy, calm, space, to be heard
 Connection, belonging, inclusion, community
 Respect, consideration, acknowledgment
 Respect, to be heard, consideration, space,
 Safety, equality, choice
 Appreciation, respect, recognition
 To be seen and heard, inclusion, belonging
 Community, inclusion, belonging, contribution
 Inclusion, belonging, community, connection
 Consistency, trust, dependability, consistency
 Autonomy, empowerment, trust, equality,
 Trust
 To be heard, understanding, clarity
 Care, inclusion, participation, community
 Equality, justice, autonomy, freedom
 Respect, consideration, rest, caring, help
 Recognition, equality, respect, mutuality
 Relaxation, clarity, space, consideration
 Respect, consideration
 Respect, acknowledgment, understanding
 Belonging, inclusion, closeness, to be seen
 Consideration, honesty, trust
 Space, freedom, autonomy
 Appreciation, acknowledgment, recognition
 Safety, autonomy
 Respect, to be seen
 Integrity, trust, honesty
 Appreciation, respect, acknowledgement
 Understanding, to be heard, empathy
 Love, appreciation, empathy, connection
 Acknowledgement, appreciation, to be seen
 Support, understanding
 Belonging, inclusion, caring
 Autonomy, equality, consideration, mutuality
 Respect, mutuality, safety
 Safety, trust, space, respect
 Respect, trust, safety

What is Nonviolent Communication?

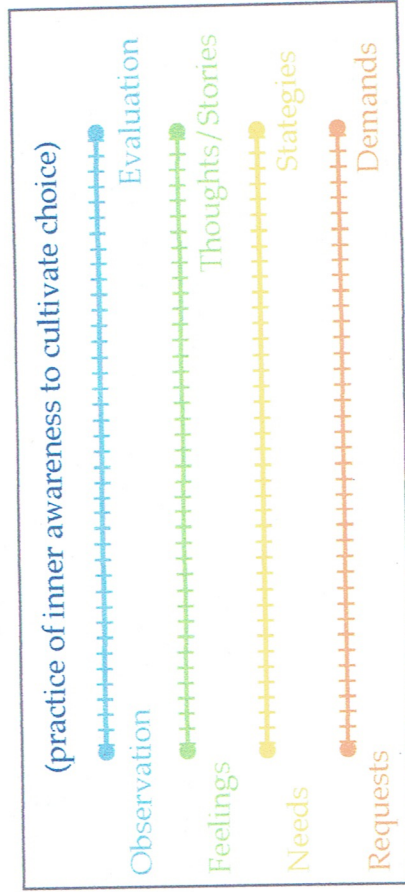
Marshall's Art

Essence



Form

Self-Connection



From Now On:

I assume:

- Humans share the same needs
- Feelings direct our awareness to our needs
- Behavior are attempts to satisfy our needs
- Resources exist for everyone's basic needs
- Humans enjoy giving and contributing
- Humans have free will and choice.

I intend to:

- Prioritize connection
- Transcend dualistic thinking
- Practice self-acceptance
- Receive others with curiosity
- Take responsibility for my feelings
- Take responsibility for my actions
- Care equally for everyone's needs
- Only use force protectively

Self-Revealing

- O: When I see/hear _____
 F: I feel _____
 N: because I need/value _____
 R: would you be willing to _____?

Empathic Presence

- O: When you see/hear _____
 F: are you feeling _____?
 N: because you need/value _____?
 R: Have I understood you accurately _____?