

## False Feelings

The following words are perceptions disguised as feelings. They imply blame of what we think others are doing to us. These words are part of a 'victim language' signifying someone has power over me to "make me feel" this way.

- Abandoned
- Abused
- Attacked
- Belittled
- Betrayed
- Blamed
- Bullied
- Cheated
- Coerced
- Cornered
- Criticized
- Deprived
- Discounted
- Disliked
- Dominated
- Dumped on
- Hassled
- Neglected
- Harassed
- Ignored
- Insulted
- Interrupted
- Intimidated
- Invalidated
- Invisible
- Isolated
- Left Out
- Let Down
- Manipulated
- Mistreated
- Misunderstood
- Neglected
- Overpowered
- Overworked
- Patronized
- Pressured
- Provoked
- Put Down
- Rejected
- Ripped Out
- Smothered
- Taken for granted
- Trampled
- Tricked
- Violated
- Victimized
- Unsupported
- Unappreciated
- Unloved
- Unseen
- Used

Non-feeling words can be judgments of ourselves such as: inadequate, stupid, unworthy, worthless, inconsiderate, ungrateful, wrong, bad, useless, inferior, pathetic, hopeless, insensitive, etc.

We often use the word 'feel' to mean 'think.' These thoughts express our judgments, opinions, criticisms, or evaluations, NOT our true feelings/emotions.

Whenever "I feel" is followed by "you" or "that" or "I", usually it's a thought, and not a feeling that follows. "I feel that you aren't being realistic about the project."

We can get connected back to our true emotions when we catch ourselves using one of these words or phrases and instead say one of these phrases to ourself to get clear within us:

"When I think you are \_\_\_\_\_ (fill in a word from the list), what emotion am I feeling?" For example: "When I **think** you are *pressuring* me, I feel anxious and uncomfortable." "When I **think** I am feeling ignored, (When I **think** you are *ignoring* me) I feel sad." "When I tell **myself** you're *attacking* me, I feel scared, apprehensive, angry."

Now look on your needs/values list, and discover what beautiful needs are calling for your attention.

Now you have a choice to express your feelings out loud to someone, or to simply stay in self-connection.

# NVC BASICS

## OBSERVATIONS

Just the facts of what was seen or heard without evaluations or judgments.

## FEELINGS

Emotions or sensations. Not to be confused with thoughts (false feelings).

## NEEDS

Universal human needs. We are all at all times just trying to get our needs met. Our needs are not in conflict, just the strategies we use to get them met.

## REQUESTS

They get to say “no”. Being upset or angry with the outcome is a clue that it was a demand.

## EMPATHY GUESS

It's always just a guess. What might the other person be feeling or needing? What are they saying "yes" to? It connects us when we ask rather than tell.

# Feelings Inventory

## PEACEFUL

tranquil  
calm  
content  
engrossed  
absorbed  
expansive  
serene  
loving  
blissful  
satisfied  
relaxed  
relieved  
quiet  
carefree  
composed  
fulfilled

## LOVING

warm  
affectionate  
tender  
appreciative  
friendly  
sensitive  
compassionate  
grateful  
nurtured  
amorous  
trusting  
open  
thankful  
radiant  
adoring  
passionate

## GLAD

happy  
excited  
hopeful  
joyful  
satisfied  
delighted  
encouraged  
grateful  
confident  
inspired  
touched  
proud  
exhilarated  
ecstatic  
optimistic  
glorious

## PLAYFUL

energetic  
effervescent  
invigorated  
zestful  
refreshed  
impish  
alive  
lively  
exuberant  
giddy  
adventurous  
mischievous  
jubilant  
goofy  
buoyant  
electrified

## INTERESTED

Involved  
inquisitive  
intense  
enriched  
absorbed  
alert  
aroused  
astonished  
concerned  
curious  
eager  
enthusiastic  
fascinated  
intrigued  
surprised  
helpful

## MAD

impatient  
pessimistic  
disgruntled  
frustrated  
irritable  
edgy  
grouchy  
agitated  
exasperated  
disgusted  
irked  
cantankerous  
animosity  
bitter  
rancorous  
irate, furious  
angry  
hostile  
enraged  
violent

## SAD

Lonely  
heavy  
troubled  
helpless  
gloomy  
overwhelmed  
distant  
despondent  
discouraged  
distressed  
dismayed  
disheartened  
despairing  
sorrowful  
unhappy  
depressed  
blue  
miserable  
dejected  
melancholy

## SCARED

afraid  
fearful  
terrified  
startled  
nervous  
jittery  
horrified  
anxious  
worried  
anguished  
lonely  
insecure  
sensitive  
shocked  
apprehensive  
dread  
jealous  
desperate  
suspicious  
frightened

## TIRED

exhausted  
fatigued  
inert  
lethargic  
indifferent  
weary  
overwhelmed  
fidgety  
helpless  
heavy  
sleepy  
disinterested  
reluctant  
passive  
dull  
bored  
listless  
blah  
mopey  
comatose

## CONFUSED

frustrated  
perplexed  
hesitant  
troubled  
uncomfortable  
withdrawn  
apathetic  
embarrassed  
hurt  
uneasy  
irritated  
suspicious  
unsteady  
puzzled  
restless  
boggled  
chagrined  
unglued  
detached  
skeptical



## **Universal Values/Needs**

### CONNECTION

acceptance  
affection  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
reciprocity  
respect / self respect  
safety  
security  
shared reality  
stability  
support  
to know and be known  
to see and be seen  
to understand and be  
understood  
trust  
warmth

### HONESTY

authenticity  
integrity  
presence

### PLAY

joy  
humor  
adventure  
levity / lightness

### PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

### PHYSICAL WELLBEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety (protection from life  
threatening situations)  
shelter  
touch  
water

### MEANING

awareness  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficiency  
effectiveness  
growth  
integration  
learning  
mourning  
movement  
participation  
purpose  
self-expression  
stimulation  
understanding

### AUTONOMY

choice  
dignity  
freedom  
independence  
space  
spontaneity