

Non-Feelings

Evaluative words confused with feelings

Feelings are the second element (after observations) that helps us express ourselves fully. It is important to notice that in everyday language people often use the word "feel" **without actually expressing a feeling**. So, in Nonviolent Communication there is a distinction between words that describe **our feelings** and words that describe **our thoughts, interpretations, judgements and projections**.

Here are some **tips** that can help you during naming your feelings:

- Distinguish **feelings** from **thoughts** and **opinions** - a lot of misunderstandings derive from saying "I feel" and sharing the thoughts instead (for example "I feel there is no justice").
- Feelings are not being clearly expressed when **the word "feel" is followed by** words such as "that", "like", "as if"; the pronouns "I, you, he, she, they, it" and names or nouns referring to people "I feel Tom is..."
- Distinguish between what you feel and **what you think you are** ("I feel that I am an idiot")
- Distinguish between what you feel and **how you think others evaluate you or behave toward you** ("I feel manipulated").

In the list below you can find words that **pretend to be feelings**, but are actually our interpretation of **what we think someone is doing to us**. If we use them in a dialogue, there is a great risk that the other person starts defending himself/herself and the contact is lost.

How to find "real" feelings? Try to ask yourself: "How do I feel when I think that he/she is doing it to me?".

Abandoned	Distrusted	Manipulated	Taken advantage of
Abused	Disrespected	Misunderstood	Threatened
Alienated	Dumped on	Neglected	Tricked
Appreciated	Harassed	Overpowered	Unappreciated
Attacked	Heard	Patronized	Unheard
Belittled	Ignored	Pressured	Unloved
Betrayed	Insulted	Provoked	Unseen
Blamed	Interrupted	Put down	Unsupported
Bullied	Intimidated	Rejected	Unwanted
Confined	Invisible	Respected	Used
Cheated	Isolated	Ripped off	Victimized
Criticized	Judged	Seen	Violated
Discounted	Left out	Smothered	Wronged

This list is based on Nonviolent Communication: A Language of Life by Marshall B. Rosenberg