

# Nonviolent Communication

## List of *NON-Feeling* Words and Thoughts

### Words That Tell Us When Our Feelings are Cloaked in Evaluations

When we think about *what people have done to us*. "I Feel ..."

ABANDONED	Dumped on	Patronized
Abused	Hassled	PRESSURED
Accepted	Ignored	Put down
Attacked	Insulted	Ripped off
Blamed	INTIMIDATED	Rejected
Betrayed	Invalidated	Smothered
Cheated	Isolated	Threatened
Cornered	MANIPULATED	Tricked
CRITICIZED	Misunderstood	USED
Distrusted	NEGLECTED	Violated

or

When we think about *what we are*. "I Feel ..."

FOOLISH	Overpowered	Unseen
Guilty	Overworked	Untrusted
Inadequate	STUPID	UNWANTED
Left out	Unheard	Unworthy
Let down	UNIMPORTANT	Worthless

*There are plenty more, have fun detecting them.*

### Other *NON-Feeling* Warning Signs

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<b>When a person begins with, "I feel ..."</b>	like...	<b>Rather than a feeling statement,</b> what tends to follow are the thoughts, evaluations, judgments, or the criticisms listed above.
	that...	
	it...	
	as if...	
	you, I, he, she... they...	