

Nonviolent Communication Practice Exercises

Subject: Faux feelings or feelings that describe what we think people are doing to us

Introduction: Faux feelings are words which appear to describe primary feelings, but actually describe how we interpret what others are doing to us. Faux feelings imply that someone is doing something to you and often connote wrongness or blame.

Exercise: Listed below are some common faux feelings. Have a group member select three faux feelings that they can imagine using. Ask them to create a situation where they might use one of the faux feelings. Have the other group members help them translate the faux feelings into feelings and needs. You may want to refer to the “**Reframing Faux Feelings**” chart.

Examples of faux feelings

abandoned	harassed	pressured
attacked	ignored	put down
betrayed	insulted	rejected
bullied	intimidated	taken advantage of
coerced	left out	taken for granted
criticized	manipulated	stupid
disrespected	misunderstood	unappreciated
distrusted	neglected	unsupported

Example: When I was suggesting games for the party I noticed you interrupted me with your own ideas. I was feeling disrespected because my need for participation wasn't being met.

Noticing that *disrespected* is an evaluation. The group might respond with “by disrespected, do you mean you were feeling frustrated because a need for contribution to the planning of the party wasn't met?” or “by disrespected were you feeling hurt because a need for acknowledgement wasn't being met.”

Repeat the exercise with another group member; continuing to explore the feelings and needs obscured by the faux feelings.

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Reframing “Faux Feelings”
Thoughts That My Feelings are Caused “By You”

Faux Feelings	Possible Primary Feelings	Possible Underlying Needs
Abandoned	Frightened, scared, vulnerable	Safety, commitment, trust
Attacked	Frightened, scared,	Safety, ease, power, space
Betrayed	Stunned, outraged, hurt, disappointed	Trust, dependability, honesty, commitment, clarity
Bullied	Frightened, vulnerable	Safety, ease, respect
Coerced	Angry, frustrated, scared, anxious	Autonomy, choice, freedom, self-efficacy
Criticized	Humiliated, irritated, scared, anxious, embarrassed	Understanding, acknowledgement, recognition
Disrespected	Furious, hurt, embarrassed, frustrated	Respect, trust, acknowledgement
Distrusted	Hurt, sad, frustrated	Honesty, authenticity, integrity, trust
Harassed	Angry, aggravated, pressured, frightened	Respect, consideration, ease
Ignored	Angry, hurt, frustrated, sad	Respect, acknowledgement, recognition
Insulted	Angry, embarrassed, incensed	Respect, consideration, acknowledgement, recognition
Intimated	Frightened, scared, vulnerable	Safety, power, self-efficacy, independence
Left Out	Frightened, scared, vulnerable	Safety, power, independence
Manipulated	Resentful, sad, angry	Autonomy, choice, power
Misunderstood	Upset, frustrated, dismayed	Understanding, to be heard, clarity
Neglected	Hurt, sad, resentful	Respect, consideration
Pressured	Overwhelmed, anxious, resentful	Relaxation, ease, consideration, clarity, space
Put down	Hurt, sad, angry, defiant	Respect, consideration, acknowledgment
Rejected	Hurt, scared, angry, defiant	Belonging, connection
Taken advantage of	Angry, powerless, frustrated	Autonomy, power, trust, choice, connection
Taken for granted	Angry, powerless, frustrated	Autonomy, power, trust, choice, connection
Stupid	Hurt, sad, embarrassed	Respect, acknowledgement
Unappreciated	Sad, hurt, irritated, frustrated	Appreciation, respect, acknowledgement
Unsupported	Sad, hurt, resentful	Safety, trust, respect, space

Adapted from **Center for School Transformation**, www.SchoolTransformation.com