

## TRANSLATING JACKAL

### A Translation of Words Frequently Confused With Feelings

The feelings and needs listed below are suggestions only; this list is neither complete nor definitive. It is intended to assist you when translating evaluative words which are often confused with feelings. These words imply that someone is doing something to you and generally connote wrongness or blame. When somebody says, "I'm feeling rejected," in nonviolent communication you might empathically translate this as: "Are you feeling scared because you would really like to be included?"

Jackal Word	Giraffe Feeling(s)	Giraffe Need(s)
Abandoned	Terrified, hurt, bewildered, sad, frightened, lonely	Nurturing, connection, belonging, support, caring
Abused	Angry, frustrated, frightened	Caring, nurturing, support, emotional or physical well-being, consideration, need for all living things to flourish
(not) accepted	Scared, lonely, hurt, anxiety	Inclusion, connection, community, belonging, contribution, peer respect
Attacked	Scared, angry, defiant, hostile	Safety, consideration
Belittled	Angry, frustrated, tense, distressed	Respect, autonomy, to be seen, acknowledgment, appreciation
Betrayed	Angry, hurt, disappointed, enraged	Trust, dependability, honesty, honor, commitment, clarity
Blamed	Angry, scared, confused, antagonistic, hostile, bewildered, hurt	Accountability, causality, fairness, justice
Bullied	Angry, scared, pressured	Autonomy, choice, safety, consideration
Caged /boxed in	Angry, thwarted, scared, anxious	Autonomy, choice, freedom
Cheated	Resentful, hurt, angry	Honesty, fairness, justice, trust, reliability
Coerced	Angry, frustrated, frightened, thwarted, scared	Choice, autonomy, freedom, act freely, choose freely
Cornered	Angry, scared, anxious, thwarted	Autonomy, freedom
Criticized	In pain, scared, anxious, frustrated, humiliated, angry, embarrassed	Understanding, acknowledgment, recognition, accountability, respectful communication
Discounted Diminished	Hurt, angry, embarrassed, frustrated	Need to matter, acknowledgment, inclusion, friendship, inclusion
Distrust	Sad, frustrated	Trust, honesty
Dumped on	Angry, overwhelmed	Respect, consideration
Harassed	Angry, frustrated, pressured, frightened	Respect, space, consideration, peace
Hassled	Irritated, distressed, angry, frustrated	Serenity, autonomy, to do things at my own pace in my own calm way, calm, space
Ignored	Lonely, scared, hurt, sad, embarrassed	Connection, belonging, inclusion, community, participation
Insulted	Angry, embarrassed	Respect, consideration, acknowledgment
Interrupted	Angry, frustrated, resentful,	Respect, to be heard, consideration

	hurt	
Intimidated	Scared, anxiety	Safety, equality, empowerment
Invalidated	Angry, hurt, resentful	Appreciation, respect, acknowledgment, recognition
Invisible	Sad, angry, lonely, scared	To be seen and heard, inclusion, belonging, community
Isolated	Lonely, afraid, scared	Community, inclusion, belonging, contribution
Left out	Sad, lonely, anxious	Inclusion, belonging, community, connection
Let down	Sad, disappointed, frightened	Consistency, trust, dependability,
Manipulated	Angry, scared, powerless, thwarted, frustrated	Autonomy, empowerment, trust, equality, freedom, free choice, connection, genuineness
Mistrusted	Sad, angry	Trust
Misunderstood	Upset, angry, frustrated	To be heard, understanding, clarity
Neglected	Lonely, scared	Connection, inclusion, participation, community, to be cared for, to matter, consideration
Overpowered	Angry, impotent, helpless, confused	Equality, justice, autonomy, freedom
Overworked	Angry, tired, frustrated	Respect, consideration, rest, caring
Patronized	Angry, frustrated, resentful	Recognition, equality, respect, mutuality
Pressured	Anxious, resentful, overwhelmed	Relaxation, clarity, space, consideration
Provoked	Angry, frustrated hostile, antagonistic, resentful	Respect, consideration
Put down	Angry, sad, embarrassed	Respect, acknowledgment, understanding
Rejected	Hurt, scared, angry, defiant	Belonging, inclusion, closeness, to be seen, acknowledgment, connection
Ripped off / screwed	Anger, resentment, disappointment	Consideration, justice, acknowledgment, trust
Smothered/ suffocated	Frustrated, desperate, fearful	Space, freedom, autonomy, authenticity, self expression
Taken for granted	Sad, angry, hurt, disappointed	Appreciation, acknowledgment, recognition, consideration
Threatened	Scared, frightened, alarmed, agitated, defiant	Safety, autonomy
Trampled	Angry, frustrated overwhelmed	Empowerment, connection, community, being seen, consideration, equality, respect, acknowledgment
Tricked	Embarrassed, angry, resentful	Integrity, trust, honesty
Unappreciated	Sad, angry, hurt, frustrated	Appreciation, respect, acknowledgment, consideration
Unheard	Sad, hostile, frustrated	Love, appreciation, empathy, connection, community
Unseen	Sad, anxious, frustrated	Acknowledgment, appreciation, be heard
Unsupported	Sad, hurt, resentful	Support, understanding
Unwanted	Sad, anxious, frustrated	Belonging, inclusion, caring
Used	Sad, angry, resentful	Autonomy, equality, consideration, mutuality
Victimized	Frightened, helpless	Empowerment, mutuality, safety, justice