

## Some “Jackal” Words in Communication

THE BIG CATEGORIES	When we say...	What we might be feeling..	What we might be needing...
<b>rejected</b>	<b>abandoned</b>	terrified, hurt, bewildered, sad, frightened, lonely	nurturing, connection, belonging, support, caring
	<b>belittled</b>	angry, frustrated, tense, distressed	respect, autonomy, to be seen, acknowledgement, appreciation
	<b>ignored</b>	lonely, scared, hurt, sad, embarrassed	connection, belonging, inclusion, community, participation
	<b>invalidated</b>	angry, hurt, resentful	appreciation, respect, acknowledgment, recognition
	<b>invisible</b>	sad, angry, lonely, scared	to be seen and heard, belonging, inclusion, community
	<b>isolated</b>	lonely, afraid, scared	community, inclusion, belonging, contribution
	<b>let down</b>	sad, disappointed, frightened	consistency, trust, dependability,
	<b>neglected</b>	lonely, scared	connection, care, inclusion, participation, community, mattering, consideration
	<b>unappreciated</b>	angry, frustrated, hurt	appreciation, respect, acknowledgment, consideration
	<b>unheard</b>	sad, hostile, frustrated	understanding, consideration, empathy
	<b>unseen</b>	sad, anxious, frustrated	acknowledgement, appreciation, to be heard
	<b>unloved</b>	sad, bewildered, frustrated	love, appreciation, empathy, connection, community
<b>unwanted</b>	sad, anxious, frustrated	belonging, inclusion, caring	

THE BIG CATEGORIES	When we say...	What we might be feeling..	What we might be needing...
<b>controlled</b>	<b>bullied</b>	angry, scared	respect, autonomy, empowerment, safety
	<b>coerced</b>	angry, frustrated, scared, frightened	choice, autonomy, freedom
	<b>cornered/trapped</b>	angry, scared, anxious	autonomy, freedom
	<b>intimidated</b>	scared, anxious	safety, equality, empowerment
	<b>pressured</b>	anxious, resentful, overwhelmed	relaxation, clarity, space, consideration
	<b>smothered/suffocated</b>	frustrated, fear, desperation	space, freedom, autonomy, self expression, authenticity
	<b>threatened</b>	scared, frightened, alarmed, agitated, defiant	safety, autonomy

<b>betrayed</b>	<b>cheated</b>	resentful, hurt, angry	honesty, fairness, justice, trust, reliability
	<b>misunderstood</b>	upset, angry, frustrated	to be heard, understanding, clarity
	<b>mistrusted</b>	sad, angry	trust
	<b>patronized</b>	angry, frustrated, resentful	recognition, equality, respect, mutuality
	<b>ripped off/screwed</b>	angry, resentment, disappointment	consideration, justice, fairness, acknowledgement, trust
	<b>violated</b>	sad, agitated, anxious	safety, trust, space, respect
	<b>wronged</b>	angry, hurt, resentful, irritated	respect, justice, fairness, trust, safety

THE BIG CATEGORIES	When we say...	What we might be feeling..	What we might be needing...
<b>abused</b>	<b>attacked</b>	scared, angry	safety
	<b>blamed</b>	angry, scared, confused, bewildered, hostile, hurt	accountability, fairness, justice
	<b>criticized</b>	scared, anxious, frustrated, angry, embarrassed	understanding, acknowledgment, recognition, accountability
	<b>harassed</b>	angry, frustrated, frightened	respect, space, consideration, peace
	<b>hassled</b>	irritated, distressed, angry, frustrated	serenity, autonomy, calm, space
	<b>insulted</b>	angry, embarrassed	respect, consideration, acknowledgement, recognition
	<b>judged</b>	angry, hurt, embarrassed	respect, consideration, understanding
	<b>put down</b>	angry, sad, embarrassed	respect, acknowledgment, understanding
	<b>provoked</b>	angry, frustrated, hostile, resentful	respect, consideration
	<b>victimized</b>	frightened, helpless	empowerment, mutuality, safety, justice