

NONVIOLENT COMMUNICATION

Exercise 2: Feelings or not feelings?

Which of the following are expressions of feelings only (F) and which ones are not (N)?

F	N	Statement
		1. I feel you don't love me.
		2. I'm sad that you're leaving.
		3. I feel scared when you say that.
		4. When you don't greet me, I feel neglected.
		5. I'm happy that you can come.
		6. You're disgusting.
		7. I feel like hitting you.
		8. I feel misunderstood.
		9. I feel good about what you did for me.
		10. I'm worthless.



Answers:

F	N	Statement
	x	1. I feel you don't love me.
x		2. I'm sad that you're leaving.
x		3. I feel scared when you say that.
	x	4. When you don't greet me, I feel neglected.
x		5. I'm happy that you can come.
	x	6. You're disgusting.
	x	7. I feel like hitting you.
	x	8. I feel misunderstood.
x	x	9. I feel good about what you did for me.
	x	10. I'm worthless.

Explanation:

1. "You don't love me" expresses what the speaker thinks the *other person* is feeling rather than how the speaker is feeling. An expression of a feeling might be: "I feel sad."
2. This expresses a feeling.
3. This expresses a feeling.
4. "Neglected" expresses what the speaker thinks the other person is doing to him or her. To express a feeling, the speaker might say: "When you don't greet me at the door, I feel lonely."
5. This expresses a feeling.
6. "Disgusting" is not a feeling, but rather how the speaker thinks about the other person. An expression of a feeling might be: "I feel disgusted."
7. "Like hitting you" is not a feeling, but rather an expression of what the speaker imagines doing. An expression of a feeling might be: "I am furious at you."
8. "Misunderstood" expresses what the speaker thinks the other person is doing. To express a feeling, the speaker might say: "I feel frustrated" or "I feel discouraged."
9. This expresses a feeling. However, "good" is a vague when used to convey a feeling. We can express our feelings more clearly by using other words like *relieved*, *gratified*, or *encouraged*.
10. "Worthless" is not a feeling, but rather an expression of what the speaker *thinks* of themselves rather than their feeling. An expression of a feeling might be: "I feel skeptical about my own talents."

