

Some “Jackal” Words in Communication

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

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

betrayed	cheated	resentful, hurt, angry	honesty, fairness, justice, trust, reliability
	misunderstood	upset, angry, frustrated	to be heard, understanding, clarity
	mistrusted	sad, angry	trust
	patronized	angry, frustrated, resentful	recognition, equality, respect, mutuality
	ripped off/screwed	angry, resentment, disappointment	consideration, justice, fairness, acknowledgement, trust
	violated	sad, agitated, anxious	safety, trust, space, respect
	wronged	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...
abused	attacked	scared, angry	safety
	blamed	angry, scared, confused, bewildered, hostile, hurt	accountability, fairness, justice
	criticized	scared, anxious, frustrated, angry, embarrassed	understanding, acknowledgment, recognition, accountability
	harassed	angry, frustrated, frightened	respect, space, consideration, peace
	hassled	irritated, distressed, angry, frustrated	serenity, autonomy, calm, space
	insulted	angry, embarrassed	respect, consideration, acknowledgement, recognition
	judged	angry, hurt, embarrassed	respect, consideration, understanding
	put down	angry, sad, embarrassed	respect, acknowledgment, understanding
	provoked	angry, frustrated, hostile, resentful	respect, consideration
	victimized	frightened, helpless	empowerment, mutuality, safety, justice