

NON-FEELINGS (sometimes called “faux feelings”)

The following words often follow the words “I FEEL” but are neither emotions nor sensations, but are judgments about what others are doing or have done to us; their use typically impedes compassionate connection:

abandoned	ignored	ripped off
abused	insulted	threatened
accepted	invalidated	tricked
attacked	left out	unheard
betrayed	manipulated	unseen
caged	misunderstood	unwanted
cheated	neglected	used
criticized	patronized	violated
distrusted	put down	
dumped on	rejected	

(There are many more words of this sort, often ending in –ed)

The following words (and others) also often follow the words “I FEEL” but are images or judgments we have about ourselves:

inadequate	unimportant	worthless
stupid	unworthy	

When the words “I feel” are followed by the word “that” or by names (e.g. Mahatma Gandhi), nouns (e.g. my brother), or pronouns (I, you, he, she, it, we, they) no feelings are likely to follow. What tends to follow are thoughts, judgments, evaluations, opinions, criticism. (For example, “I feel that capital punishment is wrong,” “I feel Mahatma Gandhi was a great man,” “I feel my brother is troubled,” “I feel you are correct,” “I feel it is outrageous the way people are treated in that country.”)

Likewise, after the words “I feel like...” and “I feel as if...” what is likely to follow are images (i.e. thoughts). (For example, “I feel as if I am about to be crucified.”)