

# PEACE MADE POSSIBLE.ORG

Translation Reference Guide

“The ability to observe without  
evaluating is the highest form  
of intelligence.”  
Krishnamurti

## TRANSLATE EVALUATIONS

Evaluations are vague, static and abstract.  
They lead to confusion, shame,  
disconnection, conflict and violence.

I think...

who/ what

is/ was/ should be

evaluation

Shame is the cause of conflict.

Basic human needs and values are always  
the reason for everything we feel, say and do.  
These needs and values are always separate  
from what we do to meet them.  
Your feelings are like the dashboard of your  
car—they tell you about what you need, want  
or value.  
Translating evaluations into experiences  
is like washing your hands: it's how you stop  
the spread of the violence virus, preventing  
the dis-ease of disconnection and shame  
that results in the symptoms of conflict  
and violence.  
Check out our free trainings and  
empower yourself to increase the peace!  
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## EVALUATIONS

good / bad  
right / wrong  
kind / unkind  
smart / stupid  
nice / mean  
funny / offensive  
[in] appropriate  
[un] professional  
beautiful / ugly  
generous / selfish

## THOUGHTS

[dis] respected  
[un] appreciated  
ignored / supported  
abandoned / secure  
loved / betrayed  
seen / invisible  
bullied / protected  
cared for / abused  
manipulated  
attacked

Empathy is the antidote to shame.

## INTO EXPERIENCES

Experiences are specific, dynamic and real.  
They lead to clarity, understanding,  
mutual respect, connection and peace.

When...

event

(I/ do you?) feel

feelings, not thoughts

because (I/ you) need/value

reasons

Empathy is the antidote to shame.

## FEELINGS

[un] comfortable  
[dis] connection  
clear / confused  
hopeful / afraid  
joyful / irritation  
curious / surprised  
angry / relief  
calm / nervous  
happy / sad  
frustrated / grateful

## REASONS

connection privacy  
acceptance respect  
consideration safety  
dependability inclusion  
effectiveness support  
contribution intimacy  
understanding freedom  
community trust  
meaning clarity  
consideration balance

Remember to put empathy in action!