

Feelings when your needs are satisfied :

AFFECTIONATE	HOPEFUL	eager	JOYFUL	clear headed
compassionate	expectant	energetic	amused	comfortable
friendly	encouraged	enthusiastic	delighted	centered
loving	optimistic	passionate	happy	content
open hearted		surprised	pleased	fulfilled
tender	CONFIDENT			relaxed
	empowered	GRATEFUL	EXHILARATED	relieved
ENGAGED	open	moved	blissful	satisfied
absorbed	proud	thankful	ecstatic	trusting
alert	safe	touched	exuberant	
curious	secure	INSPIRED	radiant	REFRESHED
fascinated		amazed	thrilled	enlivened
interested	EXCITED	awed		rejuvenated
intrigued	amazed	wonder	PEACEFUL	renewed
	aroused		calm	revived

Feelings when your needs are not satisfied :

AFRAID	AVERSION	indifferent	exhausted	TENSE
frightened	animosity	numb	tired	anxious
panicked	disgusted	uninterested	worn out	edgy
scared	dislike			nervous
suspicious	hate	DISQUIET	PAIN	overwhelmed
terrified	horrified	agitated	agony	restless
worried	hostile	alarmed	devastated	stressed out
		disturbed	grief	
ANNOYED	CONFUSED	restless	heartbroken	VULNERABLE
disgruntled	ambivalent	shocked	hurt	fragile
displeased	bewildered		lonely	helpless
frustrated	hesitant	surprised	regretful	insecure
impatient	lost	uncomfortable	remorseful	sensitive
irritated	puzzled	uneasy		shaky
	torn	upset	SAD	
ANGRY			despair	YEARNING
enraged	DISCONNECTED	EMBARRASSED	disappointed	envious
furious	alienated	ashamed	discouraged	jealous
outraged	apathetic	self-conscious	heavy hearted	longing
resentful	bored		hopeless	nostalgic
	detached	FATIGUE	melancholy	
	distant	burnt out	unhappy	

Universal human needs :

CONNECTION	stability	humor	MEANING
acceptance	support		awareness
affection	to know and be	HONESTY	celebration of life
appreciation	known	authenticity	
belonging	to see and be seen	integrity	challenge
cooperation	to understand and	presence	clarity
communication	be understood		competence
closeness	trust	PEACE	consciousness
community	warmth	beauty	contribution
companionship		communion	creativity
compassion	PHYSICAL WELL-	ease	discovery
consideration	BEING	equality	efficacy
consistency	air	harmony	effectiveness
empathy	food	inspiration	growth
inclusion	movement/exercise	order	hope
intimacy	rest/sleep		learning
love	sexual expression	AUTONOMY	mourning
mutuality	safety	choice	participation
nurturing	shelter	freedom	purpose
respect/self-respect	touch	independence	
safety	water	space	self-expression
security		spontaneity	stimulation
	PLAY		to matter
	joy		understanding

The Nonviolent Communication process

Clearly expressing yourself:

When I see/hear ...

I feel ...

Because I need ...

Would you be willing to ... ?

OBSERVATION

FEELINGS

NEEDS

REQUEST

Listening empathically:

When you see/hear ...

Are you feeling ... ?

Because you need/value ... ?

Would you like ... ?