

Feelings when your needs are satisfied

Affectionate

Compassionate, friendly, loving, open hearted, sympathetic, tender, warm

Engaged

Absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated

Confident

Empowered, open, proud, safe, secure

Peaceful

Calm, clear headed, comfortable, centred, content, equanimous, fulfilled, mellow, quiet, relaxed, relieved, satisfied, serene, still, tranquil, trusting

Grateful

Appreciative, moved, thankful, touched

Exhilarated

Blissful, ecstatic, elated, enthralled, exuberant, radiant, rapturous, thrilled

Hopeful

Expectant, encouraged, optimistic

Joyful

Amused, delighted, glad, happy, jubilant, pleased, tickled

Refreshed

Enlivened, rejuvenated, renewed, rested, restored, revived

Excited

Amazed, animated, ardent, aroused, astonished, dazzled, eager, energetic, enthusiastic, giddy, invigorated, lively, passionate, surprised, vibrant

Inspired

Amazed, awed, wonder

Feelings when your needs are not satisfied

Afraid

Apprehensive, dread, foreboding, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried

Disquiet

Agitated, alarmed, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, upset

Aversion

Animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile

Confused

Ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

Angry

Enraged, furious, incensed, indignant, irate, livid, outraged, resentful

Embarrassed

Ashamed, chagrined, flustered, guilty, mortified, self-conscious

Annoyed

Aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

Disconnected

Alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

Tense

Anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed out

Pain

Agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful

Fatigue

Beat, burnt out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out

Vulnerable

Fragile, guarded, helpless, insecure, reserved, sensitive, shaky

Sad

Depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, gloomy, heavy hearted, hopeless, melancholy, unhappy, wretched

Yearning

Envious, jealous, longing, nostalgic

**Empowering
Communication**

**The language
of responsibility**

Process of Nonviolent Communication

1. Observations

The observations contributing (or not contributing) to my well- being

2. Feelings

How I am feeling in relation to these actions

3. Needs

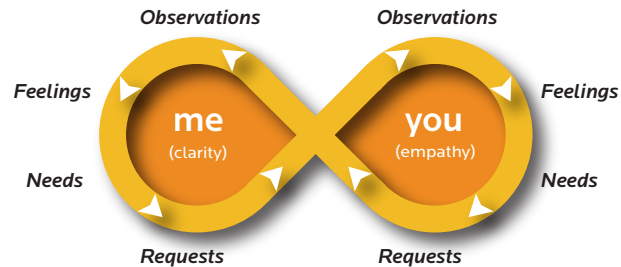
The needs that are generating my feelings

“When I see (hear)...., I feel..., because I am needing...”

Clearly expressing my requests without demanding

4. Requests

The concrete actions I would like taken
“... and I would like you to...?”



The observations contributing (or not contributing) to your well- being

How you are feeling in relation to these actions

The needs that are generating your feelings

“When you see (hear)...., do you feel..., because you are needing...”

Empathically receiving your requests without hearing any demanding

The concrete actions you would like taken
“... and would you like me to...?”

Needs inventory

MEANING

Awareness, celebration of life, challenge, clarity, competence, consciousness, contribution, creativity, discovery, efficacy, effectiveness, growth, hope, learning, mourning, participation, purpose, self-expression, stimulation, to matter, understanding

PHYSICAL WELL BEING

Air, food, movement/ exercise, rest/sleep, sexual expression, safety, shelter, touch, water

PEACE

Beauty, communion, ease, equality, harmony, inspiration, order

PLAY

Joy, humour

AUTONOMY

Choice, freedom, independence, space, spontaneity

HONESTY

Authenticity, integrity, presence

CONNECTION

Acceptance, affection, appreciation, belonging, cooperation, communication, closeness, community, companionship, compassion, consideration, consistency, empathy, inclusion, intimacy, love, mutuality, nurturing, respect/self respect, safety, security, support, to know and be known, to see and be seen, to understand and be understood, trust, warmth

Masked feelings

Abandoned
Abused
Accepted
Attacked
Blamed
Betrayed
Cheated
Cornered
Criticized
Distrusted
Dumped on
Foolish
Guilty
Hassled
Ignored
Inadequate
Insulted
Intimidated
Invalidated
Isolated
Left out
Let down
Manipulated

Misunderstood
Neglected
Overpowered
Overworked
Patronized
Pressured
Put down
Ripped off
Rejected
Smothered
Stupid
Threatened
Tricked
Unheard
Unimportant
Unseen
Untrusted
Unwanted
Unworthy
Used
Violated
Worthless