

♥ *Feelings and Needs* ♥
Basic vocabulary for the language of life

Two sets of feelings...

... when needs are not met

Discontent, unhappy, uncomfortable, upset
Sad, lonely, sorrow, despair, discouraged
Mad, angry, frustrated, irritated, furious
Scared, concern, worried, anxious, terrified
Bitter, cold, disgust, contempt, resentful
Tense, uptight, stress, restless, nervous
Confused, torn, puzzled, overwhelmed, lost
Turned off, shut down, defended, guarded
Disconnected, alienated, separate, numb

... when needs are met

Content, happy, comfortable, secure
Glad, pleased, delighted, thrilled, joyful
Relieved, reassured, encouraged, renewed
Curious, wonder, enchanted, fascinated
Grateful, appreciative, thankful, blessed
Relaxed, comfortable, settled, at ease, calm
Confident, optimistic, hopeful, empowered
Inspired, enthusiastic, exhilarated, passionate
Connected, warmed, moved, open, at peace

Universal human needs ...our innate longing

<p>... for physical well-being</p> <ul style="list-style-type: none"> -nourishment, security, dignity, power -stimulation, movement, rest, sleep -safety, ease, space, relaxation, pleasure -attention, care, protection, warmth, fun -contact, touch, affection, play, humor -bonding, significance, mattering, <i>connection</i> 	<p>... for mental well-being</p> <ul style="list-style-type: none"> -expression, exploration, inspiration -choice, voice, contribution, engagement -challenge, adventure, discovery, learning -vision, meaning, purpose, order, efficiency -imagination, inquiry, curiosity, clarity -mastery, creativity, confidence, <i>competence</i>
<p>... for psychological well-being</p> <ul style="list-style-type: none"> -self-care, self-worth, self-responsibility -autonomy, empathy, honesty, intimacy -understanding, support, to be heard, seen -kindness, consideration, trust, fairness -appreciation, acknowledgment, respect -community, authenticity, harmony, balance -celebration, connection, <i>communication</i> 	<p>... for spiritual well-being</p> <ul style="list-style-type: none"> -self-discovery, self-realization, self-knowing -being conscious, spacious, present, centred -forgiveness, reconciliation, justice, grace -gratitude, surrender, faith, service, humility -integrity, truthfulness, goodness, sensitivity -reverence, compassion, insight, intuition -Peace, Truth, Freedom, Beauty, <i>Love</i>

“Most of us grew up speaking a language that encourages us to label, compare, demand, and pronounce judgments – rather than to be aware of what we are feeling and needing.”

Dr. Marshall Rosenberg, founder of *Nonviolent Communication, NVC*

Adapted by Barbara Wiebe from the work of Dr. Marshall B. Rosenberg
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