



## FEELINGS and NEEDS

Words that help to foster connection and collaboration

**“At the heart of every action is the desire to meet a precious need.”**

Marshall B. Rosenberg, founder of the Center for Nonviolent Communication [www.cnvc.org](http://www.cnvc.org)

**FEELINGS** - Words for emotions that point to core needs that are fulfilled and/or acknowledged

A	Amazed	Connected	Excited	Loving	Refreshed
	Appreciative	Contented	Fulfilled	Moved	Relaxed
	Awe	Curious	Glad	Nourished	Relieved
	Blessed	Delighted	Grateful	Open	Safe/Secure
	Blissful	Eager	Happy	Optimistic	Satisfied
	Calm	Ecstatic	Hopeful	Passionate	Stimulated
	Centred	Empowered	Inspired	Peaceful	Thankful
	Clear Headed	Encouraged	Interested	Playful	Touched
	Comfortable	Enlivened	Joyful	Pleased	Tranquil
	Confident	Enthusiastic	Light-Hearted	Proud	Warm

**FEELINGS** - Words for emotions that point to core needs that we long to have fulfilled and/or acknowledged

B	Afraid	Embarrassed	Helpless	Numb	Stressed
	Angry	Enraged	Hesitant	Overwhelmed	Sorrowful
	Anxious	Envious	Hopeless	Panic/Alarm	Terrified
	Concerned	Exhausted	Horrified	Puzzled	Tired/Weary
	Confused	Frightened	Hurt/Pain	Resentful	Torn/Split
	Depressed	Frustrated	Insecure	Sad/Missing	Troubled
	Despairing	Gloomy	Irritated	Self-Protective	Uncomfortable
	Disappointed	Guarded	Jealous	Shame	Unhappy
	Discouraged	Heart-Broken	Lonely	Shocked	Vulnerable
	Disgust/Hate	Heavy-Hearted	Nervous	Skeptical	Worried

**UNIVERSAL HUMAN NEEDS** - Words that help us connect with what deeply matters, qualities of soul

C	Acceptance	Clarity	Ease/Flow	Letting Go	Rest/Relaxation
	Acknowledgment	Closeness	Emotional Safety	Love	Safety/Security
	Appreciation	Closure	Empathy	Meaning/Purpose	Self-Expression
	Affection	Collaboration	Fairness	Mourning	Surrender
	Authenticity	Communication	Family	Order	Support
	Autonomy	Community	Harmony	Peace	Tenderness
	Awareness	Companionship	Honesty	Play/Fun/Humour	To be Heard/Seen
	Balance	Compassion	Humility	Presence	To be Known
	Beauty	Confidence	Information	Privacy	To Matter
	Belonging	Connection	Inspiration	Reciprocity	Trust
	Celebration	Consideration	Integrity	Reliability	Understanding
	Challenge	Contribution	Joy/Delight	Resolution	Warmth
	Choice	Dignity	Kindness	Respect	Well-Being