

Feelings and Needs from Non-Violent Communication

When Needs Are Met

GLAD, happy, hopeful, joyful, satisfied, delight, encouraged, grateful, confident relieved, touched, proud, elated, optimistic, blissful, glowing, overjoyed, radiant, splendid, warm, wonderful

EXCITED, amazed, amused, inspired, exuberant, astonished, breathless, cheerful, eager, ecstatic, energetic, engrossed, enlivened, enthusiastic, exhilarated, fascinated, inspired, intense, interested, intrigued, involved, stimulated, upbeat

PEACEFUL, tranquil, calm, content, engrossed, absorbed, expansive, serene, loving, blissful, satisfied, relaxed, secure, compiled blissful, clear, carefree, comfortable, pleasant, quiet, relieved

LOVING, warm, affectionate, tender, appreciative, friendly, sensitive, compassionate, grateful, nurtured, amorous, trusting, helpful

PLAYFUL, energetic, effervescent, invigorated, zestful, refreshed, alert, stimulated, impish, alive, exuberant, giddy, adventurous, eager, enthusiastic, animated, curious, inquisitive

RESTED, relaxed, alert, refreshed, rejuvenated, strong, invigorated, alive, energized

THANKFUL, grateful, appreciative, encouraged, fulfilled

When Needs Are Not Met

SAD, lonely, heavy, helpless, gloom, grief, overwhelmed, distant, despondent, discouraged, distressed, dismayed, disheartened, anguished, apathetic, concerned, depressed, despairing, disappointed, sensitive

SCARED, afraid, fearful, terrified, startled, nervous, panicky, jittery, horrified, anxious, anguished, lonely, skeptical, suspicious, alarmed, apprehensive, alarmed, frightened, jealous, shocked, surprised, terrified, unnerved

MAD, angry, aggrieved exasperated, agitated, furious, enraged, infuriated, hostile, bitter, pessimistic, resentful, disguised, annoyed, disappointed, aroused, disgruntled, displeased, upset, unglued

CONFUSED, frustrated, perplexed, hesitant, troubled, torn, embarrassed, uneasy, worried, apprehensive, bewildered, detached, disturbed, reluctant, unsteady

TIRED, exhausted, fatigued, inert, lethargic, indifferent, listless, wearily, overwhelmed, fidgety, helpless, heavy, sleepy, withdrawn, apathetic, bored, lazy, spiritless

UNCOMFORTABLE, pained, uneasy, hurt, miserable, embarrassed, ashamed, guilty, impatient, irked, irritated, restless



Needs Inventory

1. Autonomy

- Freedom
- Choice
- Individuality
- Independence
- Self-Empowerment
- Solitude

2. Nurturance

- Touch
- Physical Affection
- Warmth – Caring
- Tenderness
- Comfort
- Bonding

3. Integrity

- Self-Worth
- Self-Respect
- Authenticity
- Honesty – Values
- Purpose
- Vision

4. Social/Emotion (Interdependence)

- Respect – Fairness – Consideration
- Connection – Communication – Closeness
- Support – Cooperation
- Trust – Reassurance – Empathy
- Equality – Tolerance – Justice
- Being Heard – Understanding
- Appreciation – Admiration
- Love – Affection – Acceptance – Being Liked
- Predictability – Consistency – Reliability – Stability
- Contribution – Giving – Serving
- Emotional Safety – Emotional Freedom – Relaxation

- Friendship – Companionship – Sharing – Intimacy
- Acknowledgement – Recognition – Validation
- Community – Family

5. Mental

- Stimulation
- Understanding – Clarity
- Comprehend
- Information
- Awareness – Consciousness
- Reflection – Analyzing – Thinking
- Discrimination

6. Spiritual Energy

- Beauty – Aesthetic
- Harmony – Peace
- Order – Grace
- Communion
- Inspiration
- Being – Beingness
- Ritualize the Sacred

7. Self – Expression

- Creativity
- Meaning
- Growth
- Mastery
- Teaching
- Healing
- Goals

8. Celebration of Life

- Play – Humor
- Passion – Intensity
- Stimulation – Excitement
- Exercise – Movement
- Pleasure – Delight
- Mourning of: Moments, Loved Ones, Dreams



9. Physical Survival

- Rest
- Shelter
- Air
- Food
- Safety
- Protection
- Water
- Sex
- Safety and Protection from life diseases, viruses, bacteria, insects, predatory animals (human beings)

10. Relationships

- Honor and Respect
- Security of Home and Family
- True Love
- Freedom to Choose

