

“When I ( see, hear, or notice) \_\_\_\_\_, I feel \_\_\_\_\_ because I need (because what’s important to me is, because I value) \_\_\_\_\_.  
 Would you be willing to \_\_\_\_\_?”

**Feelings**

**Feelings**

**Needs**

<b>Delighted</b> Joyful Happy Amused Adventurous Blissful Elated	<b>Relaxed</b> Relieved Rested Mellow At ease Light	<b>Scared</b> Apprehensive Dread Worried Panicky Frightened Vulnerable Defensive	<b>*Angry</b> *Furious *Rage *Irate *Resentful Irritated	<b>Intimacy</b> Empathy Connection Affection Warmth Love Understanding Acceptance Caring Bonding Compassion Communion Spirituality Sexuality	<b>Purpose</b> Competence Contribution Efficiency Growth Learning Challenge Discovery
<b>Thankful</b> Appreciative Moved Touched Tender Expansive Grateful	<b>Content</b> Cheerful Glad Comfortable Pleased	<b>Nervous</b> Anxious Restless Jittery	<b>Frustrated</b> Disappointed Discouraged Disheartened Impatient		<b>Order</b> Structure Clarity Focus Information
<b>Excited</b> Enthusiastic Overjoyed Fervent Giddy Eager Ecstatic Thrilled	<b>Friendly</b> Affectionate Loving Passionate	<b>Tense</b> Cranky Stiff Stressed Overwhelmed Agitated Aggravated	<b>Shocked</b> Disturbed Stunned Alarmed Appalled Concerned Horrorified	<b>Autonomy</b> Choice Freedom Spontaneity Independence Respect Honor	<b>Celebration</b> Mourning Aliveness Humor Beauty Play Joy
<b>Satisfied</b> Fulfilled Gratified	<b>Alert</b> Focused Awake Clearheaded	<b>Hurt</b> Pain Agony Anguish Heartbroken Lonely	<b>Sad</b> Grief Despair Regretful Sullen Downhearted Hopeless	<b>Security</b> Predictability Consistency Stability Trust Reassurance	<b>Honesty</b> Integrity Authenticity Wholeness Fairness Expression Creativity
<b>Interested</b> Curious Absorbed	<b>Peaceful</b> Tranquil Serene Calm	<b>*Depressed</b> Disconnected Detached Despondent Dejected Bored	<b>Torn</b> Ambivalent Confused Puzzled	<b>Partnership</b> Family Mutuality Friendship Companionship Support Collaboration Consideration Seen/heard Acknowldgmt Belonging Community Appreciation	<b>Peace</b> Groundedness Hope Healing Harmony Ease /Comfort <b>Nurturing</b> Food/Water Rest/Sleep Safety / Health Shelter
<b>Healthy</b> Empowered Alive Robust	<b>Confident</b> Secure Safe Hopeful	<b>Tired</b> Burnt Out Exhausted Lethargic	<b>Jealous</b> Envious *Bitter  <b>Embarrassed</b> *Ashamed Contrite *Guilty		

\*These are alarm feelings letting you know that your thoughts contain judgments and “shoulds” and you are disconnected from needs.  
 \*\*Bolded words are a part of the list and not just headings.