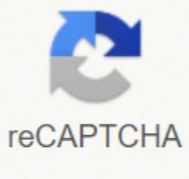




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## Nvc feelings and needs list

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people. We have another nonviolent communication list that might also be of interest to you: a list of feelings. CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect CONNECTION continued safety security stability support to know and be known to see and be seen to understand and be understood trust warmth PHYSICAL WELL-BEING air food movement/exercise rest/sleep sexual expression safety shelter touch water HONESTY authenticity integrity presence PLAY joy humor PEACE beauty communion ease equality harmony inspiration order AUTONOMY choice freedom independence space spontaneity 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 The contents of this page can be downloaded and copied by anyone so long as they credit CNVC as follows: (c) 2005 by Center for Nonviolent Communication Website: www.cnvc.org Email: [email protected] Phone: +1.505-244-4041 You can also find a PDF of feelings and needs here: NVC Model | NVC concepts | Feelings List | Needs List | NVC Chapter One Big Hint - Watch out for "non-feeling" words...It is important to choose words that really are feelings. That's the reason for the list. If you use words like "abandoned" or "misled" or "shunned" we can prevent ourselves from getting to the "REAL" feelings. These "non-feeling" words are more like accusations or judgments than feelings. When we slow down and think about it, often there is something like "sad" or "scared" or "frustrated." This distinction makes a big difference in how we experience this practice. We will work more on this in coming weeks. Feelings Associated with Met Needs A fundamental assumption in Nonviolent Communication is that everything we've ever done and everything we will ever do is motivated by universal human needs. And, feelings arise when needs are met or not met. By connecting to the feelings and needs that underlie behavior, we can experience more compassion and understanding with ourselves and with others. Below are NVC feelings and needs list compiled by the New York Center for Nonviolent Communication. (Click here for a printable version.) We will be working with this Feelings and Needs Sheet throughout our training. You can use this to prepare as well as practice throughout. Download HERE The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people. There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met. We also have a list of needs. 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 HOPEFUL expectant encouraged optimistic CONFIDENT empowered open proud safe secure EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant GRATEFUL appreciative moved thankful touched INSPIRED amazed awed wonder JOYFUL amused delighted glad happy jubilant pleased tickled EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting REFRESHED enlivened rejuvenated renewed rested restored revived Feelings when your needs are not satisfied AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked ANGRY enraged furious incensed indignant irate livid outraged resentful AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky YEARNING envious jealous longing nostalgic pining wistful The contents of this page can be downloaded and copied by anyone so long as they credit CNVC as follows: (c) 2005 by Center for Nonviolent Communication Website: www.cnvc.org Email: [email protected] Phone: +1.505.244.4041 NVC Model | NVC concepts | Feelings List | Needs List | NVC Chapter One



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