**THE “FEELINGS AND NEEDS” EXERCISE**

Adapted from an exercise created by Nonviolent Communication Expert LaShelle Lowe-Chardé (http://www.wiseheartpdx.org).

When I saw/heard/experienced... (What event, positive or negative, did you experience?)

I felt... (Choose 2-3 emotions from the list below)

Because I needed... (Choose 2-3 needs from the list below)

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### FEELINGS

- **Delighted**
  - Joyful
  - Happy
  - Amused
  - Adventurous
  - Blissful
  - Elated
- **Thankful**
  - Appreciative
  - Moved
  - Touched
  - Tender
  - Expansive
  - Grateful
- **Excited**
  - Enthusiastic
  - Overjoyed
  - Energetic
  - Ecstatic
  - Thrilled
  - Thrusting
- **Confident**
  - Secure
  - Safe
  - Hopeful
  - Self-assured
- **Peaceful**
  - Tranquil
  - Serene
  - Calm
  - Safe
  - Relaxed
- **Tired**
  - Burnt Out
  - Exhausted
  - Lethargic
  - Overwhelmed
  - Overburdened
- **Intimate**
  - Empathy
  - Connection
  - Affection
  - Warmth
  - Love
  - Understanding
  - Acceptance
  - Caring
  - Bonding
  - Compassion
  - Communion
  - Divine Union
  - Sexuality
- **Autonomy**
  - Choice
  - Freedom
  - Spontaneity
  - Independence
  - Freedom
  - Choice
  - Spontaneity
  - Independence
- **Content**
  - Cheerful
  - Glad
  - Comfortable
  - Satisfied
  - Satisfied
- **Healthy**
  - Empowered
  - At ease
  - Light
  - Relaxed
  - Relieved
  - Rested
  - Mellow
- **Relaxed**
  - Calm
  - Serene
  - Peaceful
  - Grateful
  - Thankful
- **Friendly**
  - Affectionate
  - Loving
  - Passionate
  - Connected
  - Caring
  - Bonding
- **Jealous**
  - Envious
  - *Bitter
  - *Irritable
- **Hurt**
  - Pain
  - Agony
  - Anguish
  - Heartbroken
  - Lonely
  - *Depressed
  - *Desperate
  - *Dejected
  - *Bored
- **Food/Water**
  - Satiety
  - Hunger
  - Thirst
  - Stomach
  - Satiety
  - Hunger
  - Thirst
  - Stomach
- **Intimacy**
  - Empathy
  - Connection
  - Affection
  - Warmth
  - Love
  - Understanding
  - Acceptance
  - Caring
  - Bonding
  - Compassion
  - Communion
  - Divine Union
  - Sexuality
- **Autonomy**
  - Choice
  - Freedom
  - Spontaneity
  - Independence
  - Respect
  - Honor
- **Security**
  - Predictability
  - Consistency
  - Stability
  - Trust
  - Reassurance
- **Partnership**
  - Mutuality
  - Friendship
  - Companionship
  - Support
  - Collaboration
  - Belonging
  - Community
  - Cooperation
  - Support
- **Order**
  - Structure
  - Clarity
  - Focus
  - Information
- **Purpose**
  - Competence
  - Contribution
  - Efficiency
  - Growth
  - Learning
  - Challenge
  - Discovery
  - Enjoyment
  - Recognition
  - Success
  - Fulfillment
  - Growth
  - Development
  - Progress
  - Improvement
  - Learning
  - Challenge
  - Discovery
- **Celebration**
  - Happiness
  - Joy
  - Fun
  - Enjoyment
  - Satisfied
  - Satisfied
- **Security**
  - Predictability
  - Consistency
  - Stability
  - Trust
  - Reassurance
- **Partnership**
  - Mutuality
  - Friendship
  - Companionship
  - Support
  - Collaboration
  - Belonging
  - Community
  - Cooperation
  - Support
  - Recognition
  - Success
  - Fulfillment
  - Growth
  - Development
  - Progress
  - Improvement
  - Learning
  - Challenge
  - Discovery
- **Flower**
  - Fragrance
  - Spring
  - Bloom
  - Growth
  - Beauty
  - Nature
  - Blooming
  - Spring
  - Bloom
  - Growth
  - Beauty
  - Nature
  - Blooming
  - Spring
  - Bloom
  - Growth
  - Beauty
  - Nature
  - Blooming
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  - Beauty
  - Nature
  - Blooming
- **Feeling**
  - Delighted
  - Joyful
  - Happy
  - Amused
  - Adventurous
  - Blissful
  - Elated
  - Thankful
  - Appreciative
  - Moved
  - Touched
  - Tender
  - Expansive
  - Grateful
  - Excited
  - Enthusiastic
  - Overjoyed
  - Fervent
  - Giddy
  - Eager
  - Ecstatic
  - Thrilled
  - Healthy
  - Empowered
  - Alive
  - Robust
- **Needs**
  - Love
  - Connection
  - Intimacy
  - Empathy
  - Warmth
  - Affection
  - Security
  - Autonomy
  - Freedom
  - Choice
  - Trust
  - Reassurance
  - Safety
  - Shelter
  - Food/Water
  - Rest/Sleep
  - Order
  - Structure
  - Clarity
  - Purpose
  - Competence
  - Contribution
  - Efficiency
  - Growth
  - Learning
  - Challenge
  - Discovery
- **Concerned**
  - Worried
  - Panicky
  - Frightened
  - Vulnerable
  - Nervous
  - Jittery
  - Anxious
  - Restless
  - Vulnerable
  - Tense
  - Cranky
  - Stiff
  - Stressed
  - Overwhelmed
  - Agitated
  - Aggravated
  - Hurt
  - Pain
  - Agony
  - Anguish
  - Heartbroken
  - Lonely
  - *Depressed
  - *Disappointed
  - *Disheartened
  - *Irritated
  - *Angry
  - *Furious
  - *Rage
  - *Irate
  - *Resentful
  - *Irritated
  - *Frustrated
  - Disappointed
  - Discouraged
  - Disheartened
  - Impatient
  - Shocked
  - Disturbed
  - Stunned
  - Alarmed
  - Appalled
  - Concerned
  - Horrified
  - Sad
  - Grief
  - Despair
  - Gloom
  - Sullen
  - Downhearted
  - Hopeless
  - Torn
  - Ambivalent
  - Confused
  - Puzzled
  - Jealous
  - Envious
  - *Bitter
  - *Embarrassed
  - *Ashamed
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  - *Ashamed
  - *Guilty
- *These are alarm feelings letting you know that judgments and “shoulds” are in your thoughts and you are disconnected from needs.
What did I do about it?

To meet the need(s) just mentioned, I... ____________________________________________________________

(What did* you do? Example: I learned time management.)

*If you’re still in process (i.e. haven’t done anything yet) what could you do to meet those needs?

As a result, I developed... _________________________________________________________________

(What values did* you develop? Choose 2-3 from below.)

*Again, if you haven’t done that thing yet, what values do you anticipate developing?

What did I learn?

☐ community  ☐ cooperation  ☐ helping others
☐ inspiration  ☐ affection  ☐ influence
☐ money  ☐ wisdom  ☐ wit
☐ intellectual  ☐ knowledge  ☐ success
☐ status  ☐ growth  ☐ patience
☐ financial gain  ☐ expertise  ☐ listening
☐ laughter  ☐ order  ☐ diversity
☐ serenity  ☐ privacy  ☐ love
☐ physical challenge  ☐ self expression  ☐ fast-paced work
☐ responsibility  ☐ stability  ☐ nutrition
☐ competition  ☐ art  ☐ competence
☐ career  ☐ autonomy  ☐ practicality
☐ fame  ☐ risk  ☐ creativity
☐ working with others  ☐ balance  ☐ excitement
☐ freedom  ☐ self-discipline  ☐ collaboration
☐ security  ☐ courage  ☐ social change
☐ strength  ☐ family  ☐ beauty
☐ self-control  ☐ empathy  ☐ resourcefulness
☐ hunger  ☐ working alone  ☐ challenges
☐ personal development  ☐ humility  ☐ commitment
☐ trust  ☐ efficiency  ☐ leadership
☐ faith  ☐ integrity  ☐ self-discipline
☐ involvement  ☐ courage  ☐ leadership
☐ adventure  ☐ curiosity  ☐ self-control
☐ vulnerability  ☐ autonomy  ☐ spirituality
☐ adaptability  ☐ self-control  ☐ loyalty
☐ friendship  ☐ self-expression  ☐ power
☐ excellence  ☐ stability  ☐ community
☐ job tranquility  ☐ art  ☐ inspiration
☐ power  ☐ wisdom  ☐ music
☐ passion  ☐ knowledge  ☐ truth