

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?)

The effects were... _____
(What were the external repercussions of the challenge?)

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

Because I needed... _____

Feelings

Delighted

Joyful
Happy
Amused
Adventurous
Blissful
Elated

Thankful

Appreciative
Moved
Touched
Tender
Expansive
Grateful

Excited

Enthusiastic
Overjoyed
Fervent
Giddy
Eager
Ecstatic
Thrilled

Satisfied

Fulfilled
Gratified

Interested

Curious
Absorbed

Healthy

Empowered
Alive
Robust

Relaxed

Relieved
Rested
Mellow
At ease
Light

Content

Cheerful
Glad
Comfortable
Pleased

Friendly

Affectionate
Loving
Passionate

Energetic

Exhilarated
Exuberant
Vigorous

Alert

Focused
Awake
Clearheaded

Peaceful

Tranquil
Serene
Calm

Confident

Secure
Safe
Hopeful

Scared

Apprehensive
Dread
Worried
Panicky
Frightened
Vulnerable

Nervous

Jittery
Anxious
Restless
Vulnerable

Tense

Cranky
Stiff
Stressed
Overwhelmed
Agitated
Aggravated

Hurt

Pain
Agony
Anguish
Heartbroken
Lonely

*Depressed

Disconnected
Detached
Despondent
Dejected
Bored

Tired

Burnt Out
Exhausted
Lethargic

Angry

Furious
Rage
Irate
Resentful
Irritated

Frustrated

Disappointed
Discouraged
Disheartened
Impatient

Shocked

Disturbed
Stunned
Alarmed
Appalled
Concerned
Horrified

Sad

Grief
Despair
Gloomy
Sullen
Downhearted
Hopeless

Torn

Ambivalent
Confused
Puzzled

Jealous

Envious
Bitter

Embarrassed

Ashamed
Contrite
Guilty

Needs

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
Consideration
Seen/heard
Appreciation

Purpose

Competence
Contribution
Efficiency
Growth
Learning
Challenge
Discovery

Order

Structure
Clarity
Focus
Information

Celebration

Mourning
Aliveness
Humor
Beauty
Play
Creativity
Joy

Honesty

Integrity
Authenticity
Wholeness
Fairness

Peace

Groundedness
Hope
Healing
Harmony

Nurturing

Food/Water
Rest/Sleep
Safety
Shelter

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?

- | | | |
|---|---|--|
| <input type="checkbox"/> community | <input type="checkbox"/> passion | <input type="checkbox"/> leadership |
| <input type="checkbox"/> inspiration | <input type="checkbox"/> cooperation | <input type="checkbox"/> helping others |
| <input type="checkbox"/> money | <input type="checkbox"/> affection | <input type="checkbox"/> influence |
| <input type="checkbox"/> intellectual | <input type="checkbox"/> wisdom | <input type="checkbox"/> wit |
| <input type="checkbox"/> status | <input type="checkbox"/> knowledge | <input type="checkbox"/> success |
| <input type="checkbox"/> financial gain | <input type="checkbox"/> growth | <input type="checkbox"/> patience |
| <input type="checkbox"/> laughter | <input type="checkbox"/> expertise | <input type="checkbox"/> listening |
| <input type="checkbox"/> serenity | <input type="checkbox"/> order | <input type="checkbox"/> diversity |
| <input type="checkbox"/> physical challenge | <input type="checkbox"/> privacy | <input type="checkbox"/> love |
| <input type="checkbox"/> responsibility | <input type="checkbox"/> self expression | <input type="checkbox"/> fast-paced work |
| <input type="checkbox"/> competition | <input type="checkbox"/> stability | <input type="checkbox"/> nutrition |
| <input type="checkbox"/> career | <input type="checkbox"/> art | <input type="checkbox"/> competence |
| <input type="checkbox"/> fame | <input type="checkbox"/> autonomy | <input type="checkbox"/> practicality |
| <input type="checkbox"/> working with others | <input type="checkbox"/> risk | <input type="checkbox"/> creativity |
| <input type="checkbox"/> freedom | <input type="checkbox"/> balance | <input type="checkbox"/> excitement |
| <input type="checkbox"/> security | <input type="checkbox"/> self-discipline | <input type="checkbox"/> collaboration |
| <input type="checkbox"/> strength | <input type="checkbox"/> courage | <input type="checkbox"/> social change |
| <input type="checkbox"/> self-control | <input type="checkbox"/> family | <input type="checkbox"/> beauty |
| <input type="checkbox"/> hunger | <input type="checkbox"/> empathy | <input type="checkbox"/> ecological awareness |
| <input type="checkbox"/> personal development | <input type="checkbox"/> working alone | <input type="checkbox"/> quality relationships |
| <input type="checkbox"/> trust | <input type="checkbox"/> humility | <input type="checkbox"/> travel |
| <input type="checkbox"/> faith | <input type="checkbox"/> efficiency | <input type="checkbox"/> decisiveness |
| <input type="checkbox"/> involvement | <input type="checkbox"/> intensity | <input type="checkbox"/> curiosity |
| <input type="checkbox"/> adventure | <input type="checkbox"/> health and fitness | <input type="checkbox"/> spirituality |
| <input type="checkbox"/> vulnerability | <input type="checkbox"/> meaningful work | <input type="checkbox"/> loyalty |
| <input type="checkbox"/> adaptability | <input type="checkbox"/> my country | <input type="checkbox"/> _____ |
| <input type="checkbox"/> friendship | <input type="checkbox"/> music | <input type="checkbox"/> _____ |
| <input type="checkbox"/> excellence | <input type="checkbox"/> truth | <input type="checkbox"/> _____ |
| <input type="checkbox"/> job tranquility | <input type="checkbox"/> resourcefulness | <input type="checkbox"/> _____ |
| <input type="checkbox"/> power | <input type="checkbox"/> challenges | <input type="checkbox"/> _____ |



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