THE "FEELINGS AND NEEDS" EXERCISE

Adapted from an exercise created by Nonviolent Communication Expert LaShelle Lowe-Charde (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)	
Recause 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

Energet: 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...

*Again, if you haven't done anything yet) what could you do to meet those needs? As a result, I developed (What values did' you develop? Choose & from below.) *Again, if you haven't done that thing yet, what values do you anticipate developing? (What values did' you develop? Choose & from below.) *Again, if you haven't done that thing yet, what values do you anticipate developing? (what values did' you develop? Choose & from below.) *Again, if you haven't done that thing yet, what values do you anticipate developing? (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop? Choose & from below.) (what values did' you develop & from below.) (what values did' you develop! Choose & from below.) (what values did' you develop! Choose & from below.) (what values did' you develop! Choose & from below.) (what values did' you develop! Choose & from below.) (what values developed & from below.) (what values developed & from below.} (what values developed & from below.) (what values developed & from below.} (what values developed		(What did* you do? Example: I learned time m	anagement.)
*Again, if you haven't done that thing yet, what values do you anticipate developing? **WHAT DID I LEARN?* community	*If you're still in process (i.e. haven	't done anything yet) what <u>could</u> you do to meet those needs?	
*Again, if you haven't done that thing yet, what values do you anticipate developing? WHAT DID I LEARN? community	As a result, I developed		
Community passion leadership helping others money affection influence influence intellectual wisdom wit status knowledge success financial gain growth patience laughter expertise listening serenity order diversity privacy love responsibility self expression fast-paced work competition stability nutrition career art competence privacy working with others risk creativity self-cicipline security self-cicipline self-control family beauty self-control family personal development working alone working alone trust humility travel faith efficiency decisiveness involvement intensity meaningful work loyalty meaningful work loyalty meaningful work loyalty privacy loyalty edicionalty creativity collaboration stability nutrition career art competence practicality creativity self-clicipline discipline collaboration security self-clicipline collaboration self-control family beauty ecological awareness personal development working alone quality relationships trust humility travel decisiveness intensity curiosity spirituality meaningful work loyalty wulnerability meaningful work loyalty excellence truth		(What <u>values</u> did* you develop? Choose 2-3 fro	m below.)
community passion leadership helping others money affection influence intellectual wisdom wit status knowledge success financial gain growth patience laughter expertise listening serenity order diversity physical challenge privacy love responsibility self expression fast-paced work competition stability authorism career art competence fame autonomy practicality prediction security self-discipline collaboration strength courage social change personal development working alone quality relationships trust patience intensity excellence introducing decisiveness privacy love collaboration self-discipline collaboration self-faith efficiency decisiveness involvement intensity curiosity spirituality procedured intensity curiosity adaptability meaningful work loyalty involvement intensity curiosity pricadship music cecellence truth	*Again, if you haven't done that thi	ing yet, what values do you anticipate developing?	
inspiration cooperation helping others money affection influence influence intellectual wisdom wit status knowledge success financial gain growth patience laughter expertise listening diversity physical challenge privacy love responsibility self expression fast-paced work competition stability mutrition career art competence fame autonomy practicality reedom balance excitement security self-ciscipline collaboration strength courage social change self-control family beauty hunger empathy ecological awareness personal development working alone quality relationships trust humility travel faith efficiency decisiveness involvement intensity munior quality relationships munior music music		WHAT DID I LEARN	!?
power challenges	inspiration money intellectual status financial gain laughter serenity physical challenge responsibility competition career fame working with others freedom security strength self-control hunger personal development trust faith involvement adventure vulnerability adaptability friendship excellence job tranquility	cooperation affection wisdom knowledge growth expertise order privacy self expression stability art autonomy risk balance self-discipline courage family empathy working alone humility efficiency intensity health and fitness meaningful work my country music truth resourcefulness	helping others influence wit success patience listening diversity love fast-paced work nutrition competence practicality creativity excitement collaboration social change beauty ecological awareness quality relationships travel decisiveness curiosity spirituality loyalty

