

**Empathy:** "Do you feel \_\_\_\_\_ because you need (what's important to you is, you value,...) \_\_\_\_\_?"

**Honesty:** "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				Universal Needs / Values	
Amused Cheerful Happy Joyful Blissful Elated	Relieved Light At ease Mellow Rested Relaxed	Worried Apprehensive Scared Panicky Terrified	Impatient Irritated Frustrated Exasperated Resentful Defensive Angry Furious Livid	Empathy Intimacy Connection Affection Warmth Love Understanding Acceptance Caring Bonding Compassion Communion Spirituality Sexuality Kindness Gentleness	Purpose Meaning Competence Contribution Efficiency Growth Learning Challenge Discovery Inspiration
Grateful Appreciative Touched Moved Expansive	Friendly Affectionate Loving Passionate	Anxious Dread	Longing Disappointed Discouraged Disheartened	Autonomy Agency Choice Freedom Spontaneity Independence Respect Honor	Order Structure Clarity Focus Information
Eager Giddy Enthusiastic Excited Thrilled Ecstatic	Energetic Adventurous Exuberant Exhilarated	Cranky Tense Agitated Aggravated Stressed Overwhelmed	Concerned Alarmed Stunned Shocked Disturbed Appalled Horrified	Security Predictability Consistency Stability Trust Reassurance Reliability	Appreciation Celebration Mourning Aliveness Humor Beauty Play Joy
Pleased Content Satisfied Fulfilled	Clear headed Awake Alert Focused	Lonely Vulnerable Pain Hurt Heartbroken Anguish Agony	Sad Teary Tender Grief stricken	Partnership Family Presence Mutuality Friendship Companionship Support Collaboration Consideration Seen/Heard Acknowledgment Belonging Community Inclusion Participation	Honesty Integrity Authenticity Wholeness Fairness/Equity Expression Creativity
Curious Interested Fascinated Absorbed	Calm Peaceful Serene Tranquil	Dejected Despondent Depressed	Regretful Sullen Downhearted Hopeless Despair	Peace Groundedness Hope Healing Harmony Ease/Comfort	
Healthy Alive Vigorous Robust	Safe Comfortable Secure Confident Empowered	Disconnected Detached Bored	Puzzled Confused Torn Ambivalent	Nurturing Food/Water Rest/Sleep Safety Health Shelter Movement Touch	
	Hopeful Heartened Inspired	Tired Lethargic Exhausted Burnt Out	Jealous Envious Bitter  Embarrassed Contrite Guilty Shame		