

**AFFECTIONATE** Amazed  
Compassionate Animated  
Friendly Ardent  
Loving Aroused  
Open hearted Astonished  
Sympathetic Dazzled  
Tender Eager  
Warm Energetic

**CONFIDENT**  
Empowered  
Open  
Proud  
Safe  
Secure

**ENGAGED**  
Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced  
Fascinated  
Interested  
Intrigued  
Involved  
Spellbound  
Stimulated

**INSPIRED**  
Amazed  
Awed  
Wonder

**EXCITED**

**JOYFUL**  
Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled

**PEACEFUL**  
Calm  
Clear headed  
Comfortable  
Centred  
Content  
Equanimous  
Fulfilled  
Mellow  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting

**EXHILARATED**  
Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

**GRATEFUL**  
Appreciative  
Moved  
Thankful  
Touched

**HOPEFUL**  
Expectant  
Encouraged  
Optimistic

**FEELINGS (when needs are unmet)**

**AFRAID**  
Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried  
Concern

**ANGRY**  
Perplexed  
Puzzled  
Torn

**DISCONNECTED**  
Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Indifferent  
Numb  
Removed  
Uninterested  
Withdrawn

**DISQUIET**  
Agitated  
Alarmed  
Discombobulated  
Disconcerted  
Disturbed  
Perturbed  
Rattled  
Restless  
Shocked  
Startled  
Surprised

**EMBARRASSED**  
Ashamed  
Chagrined  
Flustered  
Mortified  
Self-conscious

**FATIGUE**  
Beat  
Burnt out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Weary  
Worn out

**PAIN**  
Agony

**ANGRY**  
Enraged  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

**AVERSION**  
Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrorified  
Hostile  
Repulsed

**CONFUSED**  
Ambivalent  
Baffled  
Bewildered  
Dazed  
Hesitant  
Lost  
Mystified

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

**Nonviolent Communication**

**Expressing Clearly**

[O] When I see/hear/remember [F] I am feeling ... [N] because I am needing ... [R] Would you be willing to ... (specific action)

**Hearing Empathically**

[O] When you see/hear/remember [F] Are you feeling ... [N] because you are needing ... [R] Would you like ...

**NVC Process**

**Observation: what would a camera hear/see?**

**Feelings: what is going on in your body?**

**Needs: what met/unmet need caused the feeling?**

**Request: clear, do-able in present, not a demand**

by Julie Lawrence 2013  
whitehawkjulie@gmail.com

**PHYSICAL WELLBEING**

Learning  
Mattering  
Mourning  
Participation  
Purpose  
Self-expression  
Understanding

**PEACE**

Beauty  
Commonion  
Ease  
Equality  
Harmony  
Inspiration  
Order

**MEANING**

Awareness  
Celebration of life  
Challenge  
Clarity

**AUTONOMY**

Choice  
Freedom  
Independence  
Integrity  
Presence  
Spontaneity

Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Hope

**NEEDS INTERDEPENDENT**

Acceptance  
Affection  
Emotional Safety  
Psychological and Physical,

**SAFETY**

Security  
Stability  
Support  
Trust  
Warmth

**HONESTY**

Clarity  
Authenticity  
Awareness

**REST/PLAY**

Celebration  
Challenge  
Love  
Mutuality

Enjoyment  
Humour  
Relaxation  
Stimulation

Visibility (see, be seen)  
(understand, be understood)  
Understanding  
Respect  
Nurturing  
Empathy  
Intimacy  
Inclusion  
Consistency  
Consideration  
Compassion  
Companionship  
Connection  
Cooperation  
Belonging  
Appreciation  
Affection