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)

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

*These are alarm feelings letting you know that judgments and "should's" are in your thoughts and you are disconnected from needs.