

# 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  
Horried

### 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 "shoulds" are in your thoughts and you are disconnected from needs.



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



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