**FEELINGS**

# PEACEFUL PLAYFUL MAD CONFUSED SAD

absorbed alive aggravated apathetic despair

blissful effervescent agitated embarrassed despondent

calm energetic angry hesitant discouraged

content exuberant annoyed perplexed distressed

engrossed impish bitter torn gloomy

expansive invigorated enraged troubled grief

serene refreshed exasperated uncomfortable heavy

spacious stimulated frustrated uneasy hopeless

# tranquil zestful furious withdrawn hurt

 hostile lonely

**GLAD** **LOVING** irritated **SCARED** pessimistic

confident affectionate miffed afraid troubled

delighted appreciative anxious vulnerable

# encouraged compassionate TIRED fearful

excited friendly exhausted horrified

grateful nurtured/nurturing fatigued jittery

happy sensitive fidgety nervous

hopeful tender indifferent panicky

inspired warm lethargic shocked

joyful sweet listless startled

relieved overwhelmed terrified

satisfied weary worried

**NEEDS**

## MEANING AUTONOMY CONNECTION PHYSICAL COMMUNITY

Acknowledgment Choice Acceptance Air Collaboration

Awareness Freedom Belonging Hydration Cooperation

Beauty Independence Closeness Movement Equality

Celebration Space Communication Procreation Inclusion

Clarity Companionship Rest Mutuality

Closure **AUTHENTICITY** Compassion Safety Support

Competence Aliveness Consideration Shelter

## Contribution Creativity Empathy Sustenance PEACE

Effectiveness Honesty Interdependence Touch Beauty

Growth Integrity Intimacy Conciousness

Hope Openess Love **PLAY** Ease

Inspiration Self Expression Respect Excitement Flow

## Learning To be heard/seen Sexual Expression Fun Harmony

## Mourning To know/be known Humour Presence

## Mystery Transparency Joy Spaciousness

## Purpose Trust Laughter Spiritual Connection

Stimulation Transformation

## Understanding

Rodger Sorrow and Anne Walton, [www.ChooseConnection.com](http://www.ChooseConnection.com)
Based on the work of Marshall Rosenberg, PhD and the Center for Nonviolent Communicationsm  <http://www.cnvc.org/>