

"As soon as you hold someone else responsible for your upset, you give away your key to happiness"

– Isaac Shapero –

FEELINGS WHEN NEEDS ARE MET

GRATEFUL

moved
touched
appreciative
content
fulfilled

CONFIDENT

proud
open
secure
aware
strong
at ease
determined

WARM-HEARTED

warm
tender
loving
open-hearted
compassionate
affectionate
friendly

JOYFUL

glad
jolly
happy
lively
touched
energetic
elated
joyful
amused
surprised
exuberant

EXCITED

giddy
inspired
ecstatic
exhilarated
spirited
exuberant
delighted
ardent

PEACEFUL

serene
fulfilled
calm
tranquil
content
relieved
mellow
relaxed

ENGAGED

captivated
alert
attentive
stimulated
amused
animated
fascinated
interested
curious
watchful
connected

HOPEFUL

assured
encouraged
optimistic
expectant
enthusiastic
positive

HAPPY

calm
warm
peaceful
serene
blissful
satisfied

UPBEAT

refreshed
energetic
eager
enthusiastic
amazed
impressed
passionate

FEELINGS WHEN NEEDS ARE NOT MET

ANGRY

resentful
enraged
indignant
angry
furious

EMBARRASSED

dismayed
ashamed
shaken
guilty

ANNOYED

grumpy
displeased
irritated
dissatisfied
impatient
frustrated

MOURNFUL

gloomy
sorrowful
despairing
melancholy

AFRAID

alert
apprehensive
panicked
worried
fearful
on guard

TENSE

stressed
restless
overwhelmed
nervous
anxious
jittery

CONFUSED

torn
ambivalent
bewildered
doubtful

LONGING

jealous
yearning
nostalgic

VULNERABLE

helpless
hurt
powerless
disheartened
fragile
insecure

DETACHED

indifferent
cold/resigned
apathetic
bored

UNEASY

uncomfortable
startled
surprised
troubled
flustered
distraught
shocked
ill at ease
worried
surprised

IN PAIN

lonely
alone
remorseful
anguished
wretched
lost

AVERSION

contempt
disgust
sick
revulsion
appalled
envious

SAD

hopeless
sorrowful
depressed
unhappy
discouraged

WEARY

worn out
exhausted
sleepy
shaky
listless
empty
lethargic
weak

Faux feelings: interpretations of events, not real feelings. This is your head talking.

sidelined
attacked
rejected
threatened
cheated
accused
criticized

discriminated against
insulted
misunderstood
oppressed
overburdened
threatened
robbed

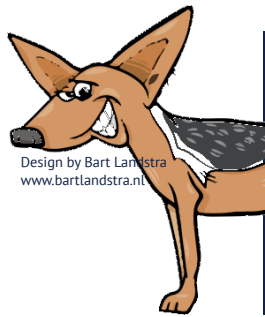
patronized
left out
used
dumped
forced
intimidated
isolated

belittled
manipulated
ignored
bullied
provoked
trapped
abandoned

abused
unappreciated
unheard
unseen
misunderstood
pressured
unwanted

thwarted
exploited
ridiculed
humiliated
indignant
betrayed
neglected

Nonviolent Communication was
developed by Marshall Rosenberg
www.cnvc.org



Design by Bart Landstra
www.bartlandstra.nl

UNIVERSAL NEEDS

CONNECTION

acceptance
understanding / being understood
contact
belonging
acknowledgement
being heard / seen
equality
community
companionship
feeling at home
closeness
togetherness
cooperation
stability
support
trust
friendship
appreciation
mutuality

PLAY & FUN

joy / humour
lightness
liveliness
co-creation

PHYSICAL WELLBEING

touch
shelter
movement
air
rest / sleep
sexuality
safety
food
water

MEANING

awareness
contributing
effectiveness
efficiency
mattering
mindfulness
growth / learning
clarity
insight
discovery
participation
mourning
direction / purpose
competence
significance
celebration

PEACE

clarity
equality
reassurance
harmony
wholeness
order / structure
overview
privacy
predictability

AUTONOMY

individuality
flexibility
choice (freedom)
space
independence

QUALITY

reliability
beauty
safety
certainty
diligence

LOVE

compassion
empathy
affection
intimacy
cherishing
tenderness
warmth

HONESTY

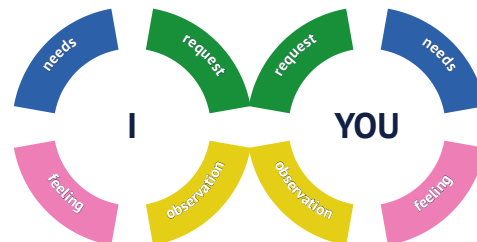
authenticity
consistency
clarity
integrity
fairness
respect
self-expression

CREATIVITY

adventure
inspiration
challenge
spontaneity



NONVIOLENT COMMUNICATION



EXPRESSING MYSELF HONESTLY

without blaming or criticizing:

"When I see / hear /
notice that _____"

observation

I feel _____

feeling

because I need

need

How is it for you
to _____?"

request

LISTENING EMPATHICALLY

to you, without hearing criticism or
blame:

"When you see / hear /
notice that _____?"

do you feel _____?

because you need
_____?

And would you like
that _____?"