

Feeling ~ Needs

Adapted from Nonviolent Communication Expert, Marianne van Dijk Cup of Empathy

When I saw / heard / experienced... _____
(Action, positive or negative, did you experience?)

I feel / felt... _____
(record your feelings (fulfilled or not fulfilled - use list))

Because I need... _____
(name your need - use list)

What do I wish for the person to do instead while exploring together... _____
(record your hoped solution and explore together to meet your need)

Feelings - Fulfilled

Relaxed	adventurous
comfortable	playful
energetic	eager
centered	thrilled
balanced	radiant
strong	tender
free	openhearted
refreshed	friendly
restored	grateful
alert	moved
calm	surprised
quiet	hopeful
bright	amazed
serene	encouraged
relieved	fascinated
carefree	interested
fulfilled	engaged
satisfied	confident
content	powerful
cheerful	safe
amused	proud
delighted	loving
ecstatic	curious
excited	peaceful

Feelings - NOT Fulfilled

physical pain	impatient
empty	ashamed
small	embarrassed
tense	helpless
sad	hopeless
disappointed	powerless
depressed	uncertain
gloomy	skeptical
down	confused
nostalgic	scared
guilty	suspicious
regret	panic
tense	troubled
worried	restless
anxious	envious
nervous	jealous
hurt	upset
lonely	overwhelmed
fragile	irritated
burnt-out	annoyed
isolated	impatient
exhausted	angry
withdrawn	hostile
bored	bitter

Needs

intimacy	purpose
empathy	competence
connection	efficiency
affection	growth
warmth	challenge
love	discovery
understanding	structure
acceptance	order
bonding	clarity
caring	focus
autonomy	humor
choice	beauty
space	play
freedom	creativity
respect	joy
honor	honesty
security	integrity
trust	authenticity
friendship	wholeness
support	fairness
belonging	harmony
community	peace
seen / heard	hope
appreciated	healing