



## EmpowerU! Advocating Invasive Species Management

# Feelings and Values Inventory

**Reflective listening**, also known as mirroring or empathetic listening, is the restatement of what you have heard a speaker say for purposes of clarification. A second stage can be used to state a feeling the listener has heard embedded in the message. We are checking out our interpretations by asking if the reflection is a correct interpretation. We are reflecting, but always with a question mark. No one likes to be told how they are feeling if it does not match with how they are feeling.

Reflective listening is used:

1. When we sense we do not fully understand and we would like to learn more about how the other person experiences their situation.
2. When we sense there is more to what the other person is saying than what is being expressed.
3. To summarize from time to time in order to pull together important ideas and establish a basis for further discussion.
4. To verify a feeling the listener has heard embedded in the message.
5. To validate a quality or value the listener might have heard embedded in the message.

## Feelings Inventory

These feelings are likely to be experienced when our needs **ARE** being fulfilled:

Adventurous	Curious	Free	Interested	Relieved
Affectionate	Dazzled	Friendly	Intrigued	Satisfied
Alert	Delighted	Fulfilled	Joyous	Secure
Alive	Eager	Glad	Jubilant	Sensitive
Amazed	Ecstatic	Gleeful	Loving	Splendid
Amused	Elated	Glorious	Mellow	Stimulated
Appreciative	Electrified	Glowing	Merry	Surprised
Astonished	Encouraged	Good-humored	Mirthful	Tender
Carefree	Energetic	Gratified	Moved	Thankful
Cheerful	Engrossed	Happy	Optimistic	Thrilled
Comfortable	Enlivened	Helpful	Overjoyed	Touched
Concerned	Excited	Hopeful	Overwhelmed	Tranquil
Complacent	Exhilarated	Invigorated	Peaceful	Warm
Composed	Expansive	Involved	Proud	Wide-awake
Confident	Expectant	Inquisitive	Quiet	Wonderful
Contented	Exultant	Inspired	Radiant	Zany
Cool	Fascinated	Intense	Refreshed	Zestful

These feelings are likely to be experienced when our needs are **NOT** being fulfilled:

Afraid	Cross	Fearful	Lassitude	Sleepy
Aggravated	Dejected	Fidgety	Lazy	Sorrowful
Agitated	Depressed	Forlorn	Lethargic	Sorry
Alarmed	Despairing	Frightened	Listless	Sour
Aloof	Disgusted	Frustrated	Lonely	Spiritless
Angry	Disheartened	Furious	Mad	Startled
Anguished	Dislike	Gloomy	Mean	Surprised
Animosity	Dismayed	Grief	Melancholy	Suspicious
Annoyed	Displeased	Guilty	Miserable	Tepic
Anxious	Disquieted	Hate	Mopey	Terrified
Apathetic	Distressed	Humdrum	Nervous	Tired
Apprehensive	Disturbed	Hurt	Nettled	Troubled
Averse	Downcast	Impatient	Overwhelmed	Uncomfortable
Beat	Downhearted	Indifferent	Passive	Unconcerned
Bitter	Dread	Inert	Perplexed	Uneasy
Bored	Dull	Intense	Restless	Unglued
Broken-hearted	Edgy	Irate	Sad	Unhappy
Chagrined	Embarrassed	Irked	Scared	Unnerved
Cold	Embittered	Irritated	Sensitive	Unsteady
Concerned	Exasperated	Jealous	Shaky	Upset
Confused	Exhausted	Jittery	Shocked	Uptight
Cool	Fatigued	Keyed up	Skeptical	

## Values Inventory

In listening deeply to one another, our hearts assist us to hear the value underneath the words, rhetoric, or strongly held positions.

Accountability	Empathy	Health	Love	Respect
Advancement	Equality	Honesty	Loyalty	Responsibility
Beauty	Faith	Humor	Morality	Security
Cooperation	Family	Justice	Order	Service
Compassion	Friendship	Inclusiveness	Patience	Simplicity
Community	Freedom	Independence	Peace	Spirituality
Connection	Generosity	Integrity	Power	Success
Courage	Goodwill	Justice	Professionalism	Trustworthiness
Creativity	Gratitude	Knowledge	Recognition	Understanding
Dedication	Harmony	Life	Religion	Wealth

