





Feelings when our needs are **SATISFIED**

AFFECTIONATE	ENGAGED	EXCITED	JOYFUL	PEACEFUL	EXHILARATED
compassionate friendly fond loving openhearted sympathetic tender warm	absorbed adventurous alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated	amazed animated ardent aroused dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant	amused delighted glad happy joyful jubilant pleased tickled	calm / serene clearheaded comfortable centered content equanimity fulfilled mellow quiet relaxed relieved satisfied still tranquil trusting	blissful ecstatic elated enthralled electrified euphoric exuberant overjoyed radiant rapturous thrilled
CONFIDENT	REFRESHED	GRATEFUL	INSPIRED	HOPEFUL	
empowered open proud safe secure	enlivened rejuvenated renewed rested restored revived	appreciative moved thankful touched	amazed awed wonder astonished	expectant encouraged optimistic inspired	
adapted from http://nycnvc.org/feelings.htm		Every feeling has an underlying need that is the source of that feeling. If the need is satisfied, our feelings will reflect that.			

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Feelings when our needs are NOT SATISFIED

AFRAID	CONFUSED	EMBARRASSED	TENSE	SAD	FATIGUE	ANGER
apprehensive dread fearful foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried 	ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled reluctant torn	ashamed chagrined flustered guilty mortified self-conscious	anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out	depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched	beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out	angry bitter enraged furious incensed indignant irate livid outraged resentful 
ANNOYED	DISQUIET	AVERSION	VULNERABLE	DISCONNECTED	PAIN	YEARNING
aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked	agitated alarmed concerned discombobulated disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset	animosity appalled contempt disgusted dislike hate horrified hostile repulsed	fragile guarded helpless insecure leery reserved sensitive shaky 	alienated aloof apathetic bored cold detached distant distracted indifferent numb removed withdrawn	agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful	envious jealous longing nostalgic pining wistful
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Our Universal Needs

(This is by no means a complete list)

PHYSICAL WELL-BEING	NURTURANCE	AUTONOMY To choose one's goals, values, and ways to realize them
Air / Food / Water Health / Homeostasis Movement / Exercise Sleep / Rest / Relaxation Safety / Security Sexual expression Shelter	Caring / Acceptance Comfort Compassion Connection Kindness Physical affection Tenderness / Gentleness Touch Warmth	Choice Freedom (emotional, spiritual and physical) Independence Individuality Self-empowerment / Confidence Solitude Space Spontaneity
MEANING and GROWTH	INTEGRITY To live one's values	INTERDEPENDENCE To receive and to extend to others
Awareness / Consciousness Clarity / To Understand Comprehension Creativity Discernment Growth Healing Information Learning / Mastery Meaning Reflection Self-Expression Stimulation / Challenge Teaching To Create / Generate	Authenticity (true to oneself) Balance Effectiveness Honesty Presence Purpose / Meaning Self-worth Respect / Self-respect Vision / Dreams	Acceptance Appreciation Belonging Closeness Community Companionship Compassion Connection Consideration Consistency Contribution to the Enrichment of Life Cooperation Emotional safety and freedom Empathy Honesty Inclusion Intimacy Love Mutuality Purpose Reassurance Respect Stability Support To Know and be Known To See and be Seen To Understand and be Understood Trust
SPIRITUAL ENERGY	CELEBRATION of LIFE	
Beauty Ease Equality Grace Harmony / Peace / Serenity Hope Inspiration Order / Direction Presence Trust Transcendence	Aliveness Excitement Humour / Laughter Intensity Joy / Delight / Levity Leisure Passion Play Pleasure Stimulation Cycles of birth and death	
	TO HONOUR LOSSES	
	Mourning loved ones Grieving unfulfilled visions, dreams, needs Mourning our limitations	



Universal Needs:

The core of NVC Consciousness:

“Needs are the energy of life – the fundamental motivation for all behaviors.
Behind every action, there is a hunger to meet needs.”

—*Marshall Rosenberg*

Needs are:

- what we value and aspire to
- what is important to us
- universal and shared by all humans
- intangible (they cannot be touched or seen);
- intrinsic: they exist within each of us as energy;
- the source of our feelings.

Needs are a basic, real and deep part of the human experience. They live inside us as energy; as something we universally value. To admit we have needs is not a weakness. It is acknowledging our human fullness. Working to meet these needs (nourishments) is self-love. It increases our self-esteem and self-worth when we honour our needs. All we are ever doing with every action and every word spoken is trying to meet needs.

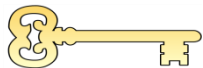
3 Things to do with needs - in this order:

1. Identify, recognize them
2. Accept them completely and honour them
3. Get them met!!

What are Strategies?

- Strategies are actions we take to meet our needs.
- There are innumerable strategies possible for meeting any one need.
- Strategies are specific to people, places, actions, times, or objects
(Express Needs as something you cherish universally with no attachment to these things)
- When we are connected at the level of needs, strategies emerge on their own.
- It is our responsibility to find strategies that meet our own needs.

We don't have to be dependent on a particular person to do something, or be a certain way, to get our needs met. We might enjoy, value, or appreciate this, but they may not be able or willing. Remember, we can find many different strategies to meet our needs.



Key Differentiation: Needs vs. Strategies

- Be sure to make a distinction between the Need and the Strategy proposed to get it met. For example, having money is not a need. Money is a strategy to meet needs; (security, nourishment, etc.)
- Needs are universal. A preference or “needing” someone to do something specific is a **strategy**.

Love your needs. Embrace your needs. You are worthy of having needs!

When we truly see and acknowledge each other's needs, we connect on a heart level. That connection supports a willingness to collaborate to find strategies that best meet everyone's needs. A particular strategy may not fully meet everyone's need, but at least the intent to do so can be acknowledged. Keep looking for strategies that will bring more of what we deeply value.

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adapted from Gina Cenciose