

COMPASSIONATE COMMUNICATION

The Game of
WHO'S RIGHT

The Realm of
POSSIBILITIES

Demands

Strategies

Thoughts

Evaluations

Correct

Requests
Connection, Action

Needs

Feelings

Observations

Connect

INTENTION

STIMULUS

*With gratitude to
Marshall Rosenberg,
Center for Nonviolent
Communication
www.cnvc.org*



**CENTER for SCHOOL
TRANSFORMATION**

www.SchoolTransformation.com | 757.345.3452 | info@schooltransformation.com

FEELING WORDS

What's Alive in You?

► Feelings When Needs Are **NOT** Being Met

HOSTILE

Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Disdain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive

ANGRY

Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off

ANNOYED

Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight

UPSET

Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled

TENSE

Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy

AFRAID

Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Reserved, Scared, Sensitive, Shaky, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Unsteady

VULNERABLE

Cautious, Fragile, Guarded, Helpless, Insecure, Leery, Reluctant

CONFUSED

Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn

EMBARRASSED

Ashamed, Chagrined, Contrite, Disgraced, Guilty, Humiliated, Mortified, Remorse, Regretful, Self-conscious

LONGING

Envious, Jealous, Nostalgic, Pining, Wistful, Yearning

TIRED

Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out

DISCONNECTED

Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn

SAD

Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy

SHOCKED

Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised

PAIN

Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched

► Feelings When Needs **ARE** Being Met

EXHILARATED

Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy

EXCITED

Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate

INSPIRED

Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder

JOYFUL

Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled

RELAXED

At ease, Carefree, Comfortable, Open

CURIOUS

Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated

CONFIDENT

Empowered, Proud, Safe, Secure, Self-assured

ENGAGED

Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved

HOPEFUL

Expectant, Encouraged, Optimistic

GRATEFUL

Appreciative, Moved, Thankful, Touched

REFRESHED

Energetic, Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived

AFFECTIONATE

Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm

PEACEFUL

Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil

RELIEVED

Complacent, Composed, Cool, Trusting

CONTENT

Glad, Cheerful, Fulfilled, Satisfied

REFRAMING "FAUX FEELINGS"

Thoughts That My Feelings Are Caused "By You"

Causal Attributions	Possible Primary Feelings	Possible Underlying Needs
Attacked	Angry Scared	Safety, Respect
Belittled	Indignant, Outraged Distressed, Tense Embarrassed	Respect, Autonomy, To Be Seen, Acknowledgement, Appreciation
Blamed	Indignant, Angry Scared Bewildered Hurt	Fairness, Justice, Understanding
Betrayed	Outraged Disappointed Stunned, Hurt	Trust, Dependability, Honesty, Respect, Commitment, Clarity, Security
Boxed In	Angry Frustrated Scared, Anxious	Autonomy, Choice, Freedom, Self-Efficacy
Coerced	Angry Frustrated Scared, Anxious	Autonomy, Choice, Freedom, Self-Efficacy
Criticized	Irritated Scared, Anxious Humiliated Embarrassed	Understanding, Acknowledgement, Recognition
Disrespected	Indignant Frustrated Embarrassed Hurt	Respect, Trust, Acknowledgement
Distrusted	Frustrated Sad Hurt	Honesty, Authenticity, Integrity, Trust
Harassed	Angry Aggravated, Exasperated Pressured, Frightened	Respect, Consideration, Ease
Hassled	Irritated, Iried, Frustrated Distressed	Autonomy, Ease, Calm, Space
Insulted	Angry, Incensed Embarrassed	Respect, Consideration, Acknowledgement, Recognition
Interrupted	Resentful Irritated Hurt	Respect, Consideration, To Be Heard
Intimidated	Frightened, Scared, Vulnerable	Safety, Power, Self-Efficacy, Independence
Left Out	Anxious Lonely, Sad	Belonging, Community, Connection, To Be Seen
Manipulated	Angry, Resentful Vulnerable Sad	Autonomy, Consideration, Choice, Power
Misunderstood	Upset, Dismayed, Frustrated	Understanding, To Be Heard, Clarity
Overworked	Resentful, Angry Frustrated Tired	Respect, Consideration, Caring, Rest, Ease
Pressured	Resentful Overwhelmed, Anxious	Relaxation, Ease, Clarity, Space, Consideration
Rejected	Angry, Defiant Scared Hurt	Belonging, Connection, Acknowledgement
Taken Advantage Of	Angry Frustrated Powerless	Autonomy, Power, Trust, Choice, Connection, Acknowledgement
Taken For Granted	Angry Disappointed Hurt	Appreciation, Acknowledgement, Recognition, Consideration
Tricked	Furious, Indignant Embarrassed	Integrity, Honesty, Trust
Unappreciated	Frustrated, Irritated Sad Hurt	Appreciation, Respect, Acknowledgement
Unsupported	Resentful Sad Hurt	Support, Understanding
Violated	Outraged Agitated Anxious Sad	Safety, Trust, Space, Respect

WHEEL OF NEEDS

