

Look over the Needs Inventory and identify the needs that are being met right now and those you want to manifest. Circle or highlight the needs you need more of in your life.

Needs Inventory

<p>CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/ self-respect</p>	<p>CONNECTION safety security stability support to know and be known to see and be seen to understand and be understood trust warmth</p> <p>PHYSICAL WELL-BEING air food movement/ exercise rest/sleep sexual expression safety shelter touch water</p>	<p>HONESTY authenticity integrity presence</p> <p>PLAY joy humor</p> <p>PEACE beauty communion ease equality harmony inspiration order</p> <p>AUTONOMY choice freedom independence space spontaneity</p>	<p>MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding</p>
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Feelings Inventory The following tables contain lists of words you can reference to describe emotional and physical feelings. The words are divided into two categories: feelings we have when our needs are satisfied, and feelings we have when our needs are not met. When you have a gut reaction to a situation, check in with this feeling, then refer to the chart below to find the word or words that best describe the feeling. The Feelings Inventory is reprinted by permission. (c) 2005 by Center for Nonviolent Communication. Website: www.cnvc.org Email: cnvc@cnvc.org. Phone: +1.505.244.4041

Feelings When Your Needs Are Satisfied

<p>AFFECTIONATE compassionate friendly loving open-hearted sympathetic tender warm</p> <p>ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated</p> <p>HOPEFUL expectant encouraged optimistic</p>	<p>CONFIDENT empowered open proud safe secure</p> <p>EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant</p>	<p>GRATEFUL appreciative moved thankful touched</p> <p>INSPIRED amazed awed wonder</p> <p>JOYFUL amused delighted glad happy jubilant pleased tickled</p> <p>EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled</p>	<p>PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting</p> <p>REFRESHED enlivened rejuvenated renewed rested restored revived</p>
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Feelings When Your Needs Are Not Satisfied

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