

## List of Needs & Feelings for Compassionate Communication

### Needs

Needs:	Comfort	Equanimity	Joy	Progress	Space
Acceptance	Communication	Excitement	Learning	Protection	Spontaneity
Acknowledgement	Communion	Faith	Love	Purpose*	Stability
Adaptability	Community	Food	Meaning	Reassurance	Stimulation
Adventure	Companionship	Freedom	Mourning	Relaxation	Structure
Affection	Compassion	Friendship	Movement	Reliability	Support
Air	Competence	Fun	Mutuality	Relief	To be heard
Appreciation	Connection	Growth	Nurturing	Respect	To be seen for who you are
Authenticity	Consciousness	Harmony	Order	Rest	
Autonomy	Consideration	Healing	Participation	Safety	To belong
Awareness	Consistency	Health	Partnership	Security	To have your intentions seen
Balance	Contribution	Help; support	Peace-of-mind	Self reliant	
Be understood	Cooperation	Honesty	Peace	Self-acceptance	To know and be known
Beauty	Creativity	Hope	Perspective	Self-care	
Belonging	Discovery	Humour	Physical well-being	Self-connection	To matter
Care	Ease	Inclusion		Self-expression	To see and be seen
Celebration	Effectiveness	Independence	Play	Self-reliance	Touch
Challenge	Efficacy	Inspiration	Power in your world	Self-respect	Trust
Choice	Efficiency	Integration		Self-worth	Understanding
Clarity	Emotional safety	Integrity	Predictability	Sexual expression	Warmth
Closeness	Empathy	Interdependence	Presence	Shared reality	Water
	Equality	Intimacy	Privacy	Shelter	

### Feelings

Feelings:	Aversion	Dejected	Dumbfounded	Fearful	Hungry	Loving	Pining	Scared	Trusting
Abhorrence	Awe	Delighted	Eager	Fidgety	Hurt	Mean	Pleased	Secure	Turbulent
Absorbed	Baffled	Depleted	Ecstatic	Flustered	Impatient	Melancholy	Proud	Self-conscious	Turmoil
Aching	Beat	Depressed	Edgy	Fond	Incensed	Mellow	Psyched	Sensitive	Uncomfortable
Affectionate	Bereaved	Despairing	Elated	Foreboding	Indifferent	Merry	Puzzled	Serene	Uneasy
Afraid	Bewildered	Despondent	Electrified	Forlorn	Indignant	Miffed	Quiet	Shaky	Unhappy
Aggravated	Bitter	Detached	Embarrassment	Frazzled	Insecure	Miserable	Radiant	Shocked	Uninterested
Agitated	Blissful	Determined	Empowered	Friendly	Inspired	Mistrustful	Rapturous	Skeptical	Unnerved
Agony	Bored	Devastated	Enchanted	Frightened	Interested	Mixed	Rattled	Sleepy	Unsettled
Alarmed	Bothered	Disappointed	Encouraged	Frustrated	Intrigued	Mortified	Recharged	Spellbound	Up
Alert	Burnt out	Discombobulated	Engaged	Fulfilled	Invigorated	Motivated	Refreshed	Startled	Upbeat
Alienated	Calm	Discomfited	Energetic	Furious	Involved	Moved	Regretful	Still	Upset
Aloof	Carefree	Discomfited	Engrossed	Giddy	Irate	Mystified	Rejuvenated	Stimulated	Vibrant
Amazed	Centered	Disconcerted	Enlivened	Glad	Irked	Nervous	Relaxed	Stirred	Vulnerable
Ambivalent	Chagrined	Disconnection	Enmity	Gloomy	Irritated	Nettled	Relieved	Stressed	Warm
Amused	Cheerful	Discouraged	Enraged	Grateful	Jazzed	Nostalgic	Reluctant	Surprised	Wary
Anger	Clear headed	Disgruntled	Enthralled	Gratified	Jealous	Numb	Remorseful	Suspicious	Wearry
Angry	Closed	Disgusted	Enthusiastic	Grief	Jittery	Open	Removed	Sympathetic	Wiped out
Anguished	Cold	Disheartened	Entranced	Grumpy	Jolly	Openhearted	Renewed	Tender	Wistful
Animated	Comfortable	Dislike	Envious	Guarded	Joyful	Optimistic	Repulsed	Tense	Withdrawn
Animosity	Compassionate	Dismayed	Equanimity	Guilty	Jubilant	Outraged	Resentful	Terrified	Wonder
Annoyed	Concerned	Disoriented	Euphoric	Happy	Leery	Overjoyed	Reserved	Thankful	Worn out
Anxious	Confident	Displeased	Exasperated	Hate	Lethargic	Overwhelmed	Rested	Thrilled	Worried
Apathetic	Conflicted	Disquiet	Excited	Heartbroken	Lighthearted	Pain	Restless	Tickled	Wretched
Appalled	Confusion	Dissatisfied	Exhausted	Heavy-hearted	Listless	Panicked	Restored	Tired	Yearning
Appreciative	Content	Distant	Exhilarated	Helpless	Lively	Passionate	Revived	Torn	
Apprehensive	Content	Distracted	Expectant	Hesitant	Livid	Peaceful	Revulsion	Touched	
Ardent	Cranky	Distraught	Exuberant	Hopeful	Loathing	Peeved	Sad	Tranquil	
Aroused	Curious	Distressed	Fascinated	Hopeless	Lonely	Perplexed	Safe	Trepidation	
Ashamed	Dazed	Disturbed	Fatigue	Horried	Longing	Perturbed	Sanguine	Troubled	
Astonished	Dazzled	Dread	Fear	Hostile	Lost	Petrified	Satisfied	Trustful	

These lists were compiled by comparing and more or less amalgamating the needs and feelings lists on the websites of the Center for Nonviolent Communication and the New York Center for Nonviolent Communication, and the cards of the NVC Toolkit for Facilitators (Gill, Leu, Morin), and the adult GROK game (Galloping Giraffe Enterprises). Shared with the CRD for Conflict Resolution Day 2018. *Compiled by Elke Haggerty.*

Box format (These lists can be cut out, folded & laminated to create a quick card that fits into a purse or pocket):

<b>Needs (*)</b>	Ease	being	<b>Feelings (*)</b>	Disappointed	Hopeless	Relieved
Acceptance	Effectiveness	Play	Afraid	Discouraged	Hurt	Remorseful
Air	Empathy	Presence	Aggravated	Disgusted	Impatient	Repulsed
Appreciation	Equality	Purpose	Agitated	Disheartened	Insecure	Resentful
Authenticity	Food	Reassurance	Alarmed	Distressed	Inspired	Restless
Autonomy	Growth	Respect	Amazed	Eager	Intrigued	Sad
Awareness	Harmony	Rest	Ambivalent	Ecstatic	Irritated	Scared
Balance	Health	Safety	Amused	Edgy	Joyful	Shocked
Beauty	Honesty	Security	Angry	Embarrassment	Jubilant	Stimulated
Celebration	Hope	Self-expression	Anguished	Energetic	Listless	Stressed
Challenge	Inclusion	Sexual	Annoyed	Enthralled	Lonely	Surprised
Choice	Inspiration	expression	Anxious	Enthusiastic	Longing	Tender
Clarity	Integrity	Shelter	Appreciative	Envious	Miserable	Tense
Closeness	Intimacy	Stimulation	Apprehensive	Exasperated	Mortified	Terrified
Communication	Love	Support	Ashamed	Excited	Moved	Thankful
Community	Meaning	To belong	Bored	Exhausted	Nervous	Tired
Compassion	Mourning	To matter	Calm	Exhilarated	Numb	Torn
Competence	Movement	Touch	Comfortable	Fascinated	Open	Touched
Connection	Mutuality	Trust	Concerned	Frightened	Optimistic	Troubled
Consideration	Order	Understanding	Confident	Frustrated	Outraged	Uncomfortable
Contribution	Participation	Warmth	Conflicted	Fulfilled	Overwhelmed	Unhappy
Cooperation	Peace	Water	Content	Furious	Peaceful	Unsettled
Creativity	Physical well-		Curious	Glad	Petrified	Upset
			Dejected	Grateful	Puzzled	Vulnerable
			Delighted	Grief	Regretful	Weary
			Depressed	Happy	Relaxed	Worried
				Hopeful		

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Compiled by Elke Haggerty in Grande Prairie, Alberta, Canada. These are shortlists of frequently listed F & N words.