

Feelings and Needs Inventory



Based on the work of Non-Violent Communication and Marshall Rosenberg understanding the connection between feelings and needs is a fundamental skill for facilitating dialogue, resolving conflict and deepening self-understanding. Below and on the next page is a partial list of feelings and needs. Feel free to experiment with these on your own and in communication with another. For a fuller list of feelings and needs visit www.intothe.zone.

Feelings

AFFECTIONATE	passionate	restored	enraged
compassionate	GRATEFUL	revived	furios
loving	appreciative	REFRESHED	incensed
open hearted	moved	enlivened	CONFUSED
tender	JOYFUL	rejuvenated	ambivalent
ENGAGED	amused	renewed	baffled
absorbed	delighted	rested	lost
curious	glad	restored	DISCONNECTED
engrossed	happy	revived	alienated
entranced	jubilant	AFRAID	aloof
interested	pleased	apprehensive	apathetic
intrigued	tickled	dread	bored
spellbound	EXHILARATED	foreboding	cold
CONFIDENT	blissful	frightened	detached
empowered	radiant	mistrustful	uninterested
proud	thrilled	panicked	withdrawn
safe	enthralled	worried	EMBARRASSED
EXCITED	PEACEFUL	ANNOYED	ashamed
amazed	calm	aggravated	self-conscious
astonished	centered	displeased	guilty
enthusiastic	content	exasperated	FATIGUE
giddy	equanimous	frustrated	burnt out
invigorated	fulfilled	ANGRY	depleted



SAD	restless	insecure	
melancholy	stressed out		YEARNING
unhappy		leery	jealous
wretched	VULNERABLE	reserved	longing
TENSE	fragile	sensitive	nostalgic
anxious	guarded	shaky	

Needs

CONNECTION	respect/self-respect	sexual expression	AUTONOMY
acceptance	Safety	Safety	Choice
Affection	CONNECTION (continued)	Shelter	Freedom
Appreciation	Security	Touch	Independence
Belonging	Stability	HONESTY	Space
Cooperation	Support	Authenticity	spontaneity
Communication	to know and be known	Integrity	MEANING
Closeness	to see and be seen	presence	Awareness
Community	to understand and	PLAY	celebration of life
Companionship	be understood	Joy	Challenge
Compassion	Trust	humor	Clarity
Consideration	Warmth	PEACE	Competence
Consistency	PHYSICAL WELL-BEING	Beauty	Consciousness
Empathy	Air	Communion	Contribution
Inclusion	Food	Ease	Creativity
Intimacy	movement/exercise	Equality	Discovery
Love	rest/sleep	Harmony	Efficacy
Mutuality		Inspiration	Effectiveness
Nurturing		order	Growth

ZONE Consulting

Hope

Mourning

Participation

Purpose

Self-expression

Stimulation

to matter

understanding