

Nonviolent Communication Deck — Words for Feelings

Feelings we may have when our needs *are not* satisfied

| | | | | | | | |
|----------------|-----------------|---------------------|-----------------|--------------------|-------------|---------------|-------------------|
| Afraid | Irritated | Confused | Numb | Uncomfortable | Tired | Discouraged | Nervous |
| Apprehensive | Irked | Ambivalent | Removed | Uneasy | Weary | Disheartened | Overwhelmed |
| Dread | Angry | Baffled | Uninterested | Unnerved | Worn Out | Forlorn | Restless |
| Foreboding | Enraged | Bewildered | Withdrawn | Unsettled | Pain | Gloomy | Stressed Out |
| Frightened | Furious | Dazed | Disquiet | Upset | Agony | Heavy Hearted | Vulnerable |
| Mistrustful | Incensed | Hesitant | Agitated | Embarrassed | [Alienated] | Hopeless | Fragile |
| Panicky | Indignant | Lost | Alarmed | Ashamed | Anguished | Melancholy | Guarded |
| Petrified | Irate | Mystified | [Concerned] | Chagrined | Bereaved | Unhappy | Helpless |
| Scared | Livid | Perplexed | Discombobulated | [Disappointed] | Devastated | Wretched | [In a Stew] |
| Suspicious | Outraged | Puzzled | Disconcerted | Flustered | Grief | Tense | Insecure |
| Terrified | Resentful | Torn | Disturbed | Guilty | Heartbroken | Anxious | Leery |
| Wary | Aversion | Disconnected | [Indecisive] | Mortified | Hurt | [Cautious] | Reserved |
| Worried | Animosity | Alienated | Perturbed | Self-Conscious | Lonely | [Conflicted] | Sensitive |
| Annoyed | Appalled | Aloof | Rattled | Fatigue | Miserable | Cranky | Shaky |
| Aggravated | Contempt | Apathetic | Restless | Beat | Regretful | Distressed | Yearning |
| Dismayed | Disgusted | Bored | Shocked | Burnt Out | Remorseful | Distraught | Envious |
| Disgruntled | Dislike | Cold | Startled | Depleted | Sad | Edgy | Jealous |
| Displeased | Hate | Detached | Surprised | Exhausted | Depressed | Fidgety | Longing |
| Exasperated | Horrorified | Distant | Troubled | Lethargic | Dejected | Frazzled | Nostalgic |
| Frustrated | Hostile | Distracted | Turbulent | Listless | Despair | Irritable | Pining |
| Impatient | Repulsed | Indifferent | Turmoil | Sleepy | Despondent | Jittery | Wistful |

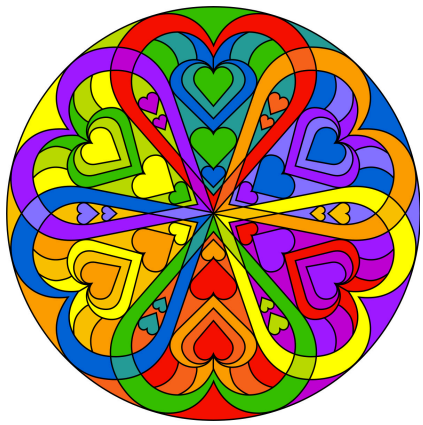
Feelings we may have when our needs *are* satisfied

| | | | | | | | |
|---------------------|----------------|------------------|-----------------|-----------------|--------------------|-----------------|------------------|
| Affectionate | Engrossed | Confident | Dazzled | Thankful | Pleased | Peaceful | Serene |
| Compassionate | Enchanted | [Clever] | Eager | Touched | Tickled | Calm | Still |
| Friendly | Entranced | Empowered | Energetic | Inspired | Exhilarated | Clear Headed | Tranquil |
| Loving | Fascinated | Open | Enthusiastic | Amazed | Blissful | Comfortable | Trusting |
| Open Hearted | Interested | Proud | Giddy | Awed | Ecstatic | Centered | Refreshed |
| Sympathetic | Intrigued | Sage | Invigorated | Wonder | Elated | Content | Enlivened |
| Tender | Involved | Secure | Lively | Joyful | Enthralled | Equanimous | Rejuvenated |
| [Touched] | Spellbound | Excited | Passionate | Amused | Exuberant | Fulfilled | Renewed |
| Warm | Stimulated | Amazed | Surprised | Delighted | Radiant | Mellow | Rested |
| Engaged | Hopeful | Animated | Vibrant | Glad | Rapturous | Quiet | Restored |
| Absorbed | Expectant | Ardent | Grateful | Happy | Thrilled | Relaxed | Revived |
| Alert | Encouraged | Aroused | Appreciative | Jubilant | | Relieved | |
| Curious | Optimistic | Astonished | Moved | | | Satisfied | |

Nonviolent Communication Deck — Needs Inventory

A starting place to find support & facilitate greater understanding

| | | | | | | | |
|-----------------------|--------------------------------|-------------------------|---------------------|---------------------------|------------------|---------------------|---------------------|
| Connection | Inclusion | To See & Be Seen | Honesty | Authenticity | Choice | Autonomy | To Contribute |
| Acceptance | Intimacy | [To Be Seen for My True | Integrity | Presence | Freedom | Independence | Discovery |
| Affection | Love | [Transparency] | Warmth | Trust | Play | Efficiency | Efficiency |
| Appreciation | Mutuality | Intentions] | Warmth | Trust | Play | Effectiveness | Effectiveness |
| Belonging | Nurture | Warmth | Warmth | Trust | Play | [Expression] | [Expression] |
| [Consideration] | [Recognition] | Respect | Physical Well-Being | Food, Water, Air, Shelter | Joy | [Power with] | [Grieving] |
| Cooperation | Respect | Self-Respect | Physical Movement | Humor | Joy | Space | Hope |
| Communication | Self-Respect | Security | Peace | [Laughter] | Spontaneity | Learning & Growth | Learning & Growth |
| Closeness | Security | [Shared Reality] | Peace | Beauty | Meaning | Mourning [Loss] | Mourning [Loss] |
| Compassion | Stability | [Pleasure] | Beauty | Beauty | [Accomplishment] | Participation | Participation |
| Consideration | Support | Rest & Sleep | Community | Community | Awareness | Purpose | Purpose |
| Consistency | Support | Sexual Expression | Ease | Ease | Celebration | Self-Expression | Self-Expression |
| Empathy | [Tenderness] | Safety | Equality | Equality | Challenge | Sensory Stimulation | Sensory Stimulation |
| [Honoring Agreements] | [To Explore & Honor My Values] | [Solitude] | Harmony | Harmony | Clarity | Understanding | Understanding |
| | To Know & Be Known | Touch | Inspiration | Inspiration | Competence | Visions & Dreams] | Visions & Dreams] |



Nonviolent Communication Feelings & Needs CARDS

Empathy Buddy Guidelines

Empathy, in NVC, is first and foremost about **holding presence** for another person. This exercise is designed to recharge our “empathy batteries.”

1. Review potential Empathy Blockers, and agree that during this time each person will hold the intention of not responding from one of these blockers. (Blockers are things like advising, educating, one-upping, consoling, sympathizing, story-telling, shutting down, interrogating, correcting, reassuring, denial of feelings, minimizing, diagnosing, and analyzing.)
2. Each person will have ____ minutes of uninterrupted time to talk or just be. The Listener’s task is to be present for the whole unbroken person who is inside their Buddy, the Speaker.
3. The Speaker lay down Feelings Cards that match their current inner experience as they share about what’s feeling alive in them.
4. In response, the Listener lays down Needs Cards they are *guessing* might be connected to the Feelings Cards in front of them: “Are you feeling ____ because of the need for _____?” (Guesses are intuitive offerings, not hypotheses.)
5. When a variety of Needs Cards are laid down, the Speaker selects the Needs Cards that most resonate for them in that moment.
6. The process ends with Listener asking, “What request do you have for yourself? What request do you have for me?”
7. The Speaker and Listener switch roles and repeat the process.

Empathy Buddy Guidelines have been adapted from a process developed by the Maine NVC Network: www.mainencnvcnetwork.org.

The words and phrases for needs and feelings on this sheet and the enclosed deck are from the Center for Nonviolent Communication, © 2005:

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Words in [brackets] are additions from the Maine NVC Network.

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