

“Pseudo-feelings” that express interpretation, diagnosis, evaluation, criticism, judgment, or blame. Not likely to result in the person you are communicating with to open up and connect with their needs. Likely to create feelings of separation or alimentionation.

abandoned
abused
attacked
betrayed
boxed-in
bullied
cheated
coerced

co-opted
cornered
criticized
diminished
interrupted
intimidated
let down
manipulated

misunderstood
neglected
overworked
patronized
pressured
provoked
rejected
taken for granted

threatened
unappreciated
unheard
unseen
unsupported
unwanted

When our needs are being met, we feel:

absorbed	delighted	gratified	radiant
adventurous	eager	happy	rapturous
affectionate	ebullient	helpful	refreshed
alert	ecstatic	hopeful	relaxed
alive	effervescent	inquisitive	relieved
amazed	elated	inspired	satisfied
amused	enchanted	intense	secure
animated	encouraged	interested	sensitive
appreciative	energetic	intrigued	serene
ardent	engrossed	invigorated	spellbound
aroused	enlivened	involved	splendid
astonished	enthusiastic	joyous, joyful	stimulated
blissful	excited	jubilant	surprised
breathless	exhilarated	keyed-up	tender
buoyant	expansive	loving	thankful
calm	expectant	mellow	thrilled
carefree	exultant	merry	touched
cheerful	fascinated	mirthful	tranquil
comfortable	free	moved	trusting
complacent	friendly	optimistic	upbeat
composed	fulfilled	overjoyed	warm
concerned	glad	overwhelmed	wide-awake
confident	gleeful	peaceful	wonderful
contented	glorious	perky	zestful
cool	glowing	pleasant	
curious	good-humored	pleased	
dazzled	grateful	proud	

Source: Non-violent Communication: A Language of Compassion, by Marshall Rosenberg, Ph.D.© 2000

For more information on Non-violent Communication, contact: www.cnvc.org

When are needs are NOT being met, we feel:

afraid	disenchanted	hurt	sad
aggravated	disgruntled	impatient	scared
agitated	disgusted	indifferent	sensitive
alarmed	disheartened	intense	shaky
aloof	dismayed	irate	shocked
angry	displeased	irked	skeptical
anguished	disquieted	irritated	sleepy
annoyed	distressed	jealous	sorrowful
anxious	disturbed	jittery	sorry
apathetic	downtcast	keyed-up	spiritless
apprehensive	downhearted	lazy	startled
aroused	dull	leery	surprised
ashamed	edgy	lethargic	suspicious
beat	embarrassed	listless	tepid
bewildered	embittered	lonely	terrified
bitter	exasperated	mad	tired
blah	exhausted	mean	troubled
blue	fatigued	miserable	uncomfortable
bored	fearful	mopey	uneasy
brokenhearted	fidgety	morose	unglued
chagrined	forlorn	mournful	unhappy
cold	frightened	nervous	unnerved
concerned	frustrated	nettled	unsteady
concerned	furios	numb	upset
confused	gloomy	overwhelmed	uptight
cool	guilty	panicky	vexed
cross	harried	passive	weary
dejected	heavy	perplexed	wistful
depressed	helpless	pessimistic	withdrawn
despairing	hesitant	puzzled	woeful
despondent	horrible	rancorous	worried
detached	horrified	reluctant	wretched
disaffected	hostile	repelled	
disappointed	hot	resentful	
discouraged	humdrum	restless	

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Needs: Some of the basic human needs we all share

Autonomy

- to choose one's dreams, goals, values
- to choose one's plan for fulfilling one's dreams, goals, values

Celebration

- to celebrate the creation of life and dreams fulfilled
- to celebrate losses: loved ones, dreams, e (mourning)

Integrity

- authenticity
- creativity
- meaning
- self-worth

Interdependence

- acceptance
- appreciation
- closeness
- community
- consideration
- contribution to the enrichment of life (to exercise one's power by giving that which contributes to life)
- emotional safety
- empathy
- honesty (the empowering honesty that enables us to learn from our limitations)
- love
- reassurance
- respect
- support
- trust
- understanding
- warmth

Physical Nurturance

- air
- food
- movement, exercise
- protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals (especially human beings)
- rest
- sexual expression
- shelter
- touch
- water

Play

Spiritual Communion

- beauty
- harmony
- inspiration
- order
- peace