

Awareness of Feelings and Needs for Skillful Communication and Understanding

Dyad exercise: Decide who will speak first. The listener keeps time.

- Person A : Offers a story of a time when you communicated or acted in a way you don't feel great about, just tell the story (3 minutes)
- Person B: Referring to the Feelings and Needs Inventories below, try to name the feelings and needs that were involved - respectfully making suggestions and asking questions. (3 minutes)
- A & B have a conversation to fine tune and explore the feelings and needs that were involved in the difficult communication (2 minutes)
- Pause to feel the impact of this exercise on you as the speaker and the listener. (we'll discuss with the larger group.) (3 full breath cycles)
- Then repeat the process above with Person B.

FEELINGS INVENTORY: WHEN NEEDS ARE SATISFIED

AFFECTIONATE	CONFIDENT	GRATEFUL	PEACEFUL
compassionate	empowered	appreciative	calm
friendly	open	moved	clear headed
loving	proud	thankful	comfortable
open hearted	safe	touched	centered
sympathetic	secure	INSPIRED	content
tender	EXCITED	amazed	equanimous
warm	amazed	awed	fulfilled
ENGAGED	animated	wonder	mellow
absorbed	ardent	JOYFUL	quiet
alert	aroused	amused	relaxed
curious	astonished	delighted	relieved
engrossed	dazzled	glad	satisfied
enchanted	eager	happy	serene
entranced	energetic	jubilant	still
fascinated	enthusiastic	pleased	tranquil
interested	giddy	tickled	trusting
intrigued	invigorated	EXHILARATED	REFRESHED
involved	lively	blissful	enlivened
spellbound	passionate	ecstatic	rejuvenated
stimulated	surprised	elated	renewed
HOPEFUL	vibrant	enthralled	rested
expectant		exuberant	restored
encouraged		radiant	revived
optimistic		rapturous	thrilled

FEELINGS INVENTORY: WHEN NEEDS ARE NOT SATISFIED

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

AVERSION

animosity
appalled
contempt
disgusted
dislike

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed

rattled

restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted

resentful

hate

hopeless

horrified

melancholy

hostile

unhappy

repulsed

wretch

NEEDS INVENTORY

CONNECTION

acceptance
 affection
 appreciation
 belonging
 cooperation
 communication
 closeness
 community
 companionship
 compassion
 consideration
 consistency
 empathy
 inclusion
 intimacy
 love
 mutuality
 nurturing
 respect/self-respect
 safety
 security
 stability
 support
 to know and be known
 to see and be seen
 to understand and
 be understood
 trust
 warmth

PHYSICAL WELL-BEING

air
 food
 movement/exercise
 rest/sleep
 sexual expression
 safety
 shelter
 touch
 water

HONESTY

authenticity
 integrity
 presence

PLAY

joy
 humor

PEACE

beauty
 communion
 ease
 equality
 harmony
 inspiration
 order

AUTONOMY

choice
 freedom
 independence
 space
 spontaneity

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