


Out beyond ideas of wrongdoing
and rightdoing,
there is a field. I'll meet you there.

Rumi

- 
- Observation
 - Feelings
 - Needs
 - Request

When I see _____

I am feeling _____

because I am needing _____

Would it be possible _____?

Observation

Feelings

Needs

Request



Observation vs Perception

Some words that are confused
as feelings but are perceptions

I am feeling **criticized**

I am feeling **ignored**

I am feeling **misunderstood**

I am feeling **put down**

I am feeling **betrayed**

When I see that you come home late

Observation

I am feeling frustrated

Feelings

because I am needing connection

Needs

Would it be possible for us to spend more time together

Request



When I see the computer left on the floor

Observation

I am feeling annoyed

Feelings

because I have a need for care

Needs

Would it be possible to store the computer safely after you've used it?

Request



When you see _____

are you feeling _____

because you are needing _____

Would you like _____?

Observation

Feelings

Needs

Request



FEELINGS/EMOTIONS

ANNOYED

bitter
edgy
exasperated
frustrated
grumpy
impatient
irritable
irked

ANGRY

agitated
enraged
exasperated
furious
irate
outraged
resentful
upset

AVERSION

appalled
contempt
disgusted
dislike
horrified
repulsed

CONFUSED

baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCOMFORT

agitated
alarmed
discombobulated
disturbed
perturbed
rattled
restless
shocked
startled

surprised
troubled
turbulent
uncomfortable
uneasy
unsettled

DISCONNECTED

apathetic
bored
distant
distracted
indifferent
numb
uninterested
withdrawn

EMBARRASSED

ashamed
flustered
guilty
self-conscious

FEARFUL

afraid
apprehensive
anxious
distress
frightened
hesitant
nervous
panicked
paralyzed
petrified
scared
tense
terrified
worried

PAIN

agony
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
despondent
disappointed
discouraged
disheartened
dismayed
gloomy
heavy hearted
hopeless
troubled
unhappy
wretched

STRESSED/

TIRED

burnt out
depleted
exhausted
fatigued
listless
overwhelmed
restless
sleepy
weary
worn out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky
tender

YEARNING

envious
jealous
longing
pining
wishful

AFFECTION

compassionate
friendly
loving
sympathetic
tender
warm

INTERESTED

absorbed
alert
curious
enchanted
engaged
fascinated
intrigued
spellbound
stimulated

GLAD

alive
amazed
amused
awed
encouraged
energetic
enthusiastic
excited
grateful
happy
hopeful
inspired
invigorated
joyful
motivated
optimistic
pleased
thrilled
wonder

GRATEFUL

appreciative
moved
thankful
touched
HOPEFUL
encouraged
expectant
optimistic

PEACEFUL

calm
comfortable
cantered
composed
content
fulfilled
relaxed
relieved
satisfied

RESTED

alert
alive
energized
invigorated
refreshed
rejuvenated
relaxed
renewed
strong

The following
words are
sometimes
confused as
feelings when in
fact they are
perceptions:

abandoned
abused
attacked
betrayed
blamed
cheated
criticized
ignored
intimidated
manipulated
misunderstood
neglected
overworked
patronized
pressured
provoked
rejected
put down
threatened
tricked

BODY SENSATIONS

achy	full	shivery
airy	fuzzy	shuddery
antsy	goose bumpy	sneezy
bloated	hollow	sore
blocked	hot	spazzy
buoyant	heavy	spinning
breathless	icy	squirrely
bubbly	itchy	squirmy
burning	jittery	still
buzzy	jumbled	(like I'm)
chilly	jumpy	suffocating
cold	lax	sweaty
cool	lethargic	teetery
congested	light	tender
constricted	light-headed	tense
clammy	limp	thick
clenched	loose	throbbing
damp	lumpy	tight
dense	mild	tightness of skin
dizzy	nauseous	tingly
drained	numb	trembly
dull	open	tremulous
effervescent	paralyzed	twisted
electric	pounding	twitchy
empty	pressure	unstable
energized	prickly	warm
expansive	puffy	weak
faint	pulsing	wobbly
flaccid	queasy	
flowing	quivery	
fluid	radiant	
flushed	relaxed	
fluttery	scrunchy	
frantic	shaky	
frozen	sharp	

UNIVERSAL HUMAN NEEDS/VALUES

The needs below are grouped into categories of core needs, 3 meta- categories and 9 subcategories

WELL BEING (peace)

Sustenance/Health

abundance/thriving
exercise
food, nutrition
nourishment
rest, sleep
shelter
sustainability
support/help
wellness
vitality, energy, aliveness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
stability
trust, faith
certainty

Rest/Recreation/Fun

acceptance
appreciation, gratitude
awareness
balance
beauty
ease
equanimity
humour
movement
play
relaxation
rejuvenation
simplicity
space
tranquillity
wholeness
wonder

CONNECTION (love)

Love/Caring

affection, warmth
beauty
closeness, touch
companionship
compassion, kindness
intimacy
mattering/importance
nurturing
sexual connection
respect, honouring
valuing, prizing

Empathy/Understanding

awareness, clarity
acceptance
acknowledgment
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence, listening
respect, equality
receptivity, openness
recognition
seeing (see/be seen)
self-esteem
sensitivity

Community/Belonging

cooperation
fellowship
generosity
inclusion
interdependence
harmony, peace
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

SELF-EXPRESSION (joy)

Autonomy/Authenticity

choice
clarity
congruence
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

Creativity/Play

adventure
aliveness
discovery
initiative
innovation
inspiration
mystery
passion
spontaneity

Meaning/Contribution

appreciation, gratitude
achievement, productivity
celebration, mourning
challenge
efficacy
effectiveness
excellence
feedback
growth
learning, clarity
mystery
participation
purpose, value
self-actualization
self-esteem
skill, mastery