

LIST OF NEEDS & FEELINGS /EMOTIONS

AS TAUGHT BY THE CENTER FOR NON VIOLENT COMMUNICATION (CNVC.ORG)

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▪ WHAT IS EMPATHY?

- Empathy is a Universal Human Need for being deeply understood.
- We can think of it as a respectful or compassionate understanding.
- When offering empathy, we embody a quality of being completely present with what is alive in the other person moment to moment.
- Therefore, empathy has a quality of following, rather than leading.

WHAT EMPATHY IS NOT

- **Sympathy** (“I feel your pain. I’ve been there.”)
- **Suggestions** (“Let me tell you what I think you should do...”)
- **Fixing or resolving things** (“Daddy will buy you a new one!”)
- **Investigation** (“When was the first time you felt this way?”)
- **Diagnosing** (“This is because you’re an egomaniac, Aries, etc.”)
- **Honesty** (“When I hear what you’re saying I feel upset...”)
- **Agreement** (“You’re right!”)

UNIVERSAL HUMAN NEEDS

CONNECTION – acceptance, love, empathy, companionship safety, support, trust, to be seen and known, cooperation, communication, closeness, inclusion, intimacy, self-respect

PHYSICAL WELL BEING – air, food, water, shelter, touch, movement, rest/sleep,

HONESTY – authenticity, integrity, presence

PLAY – joy, humor, fun.

PEACE – beauty, equality, harmony, inspiration, order, communion

AUTONOMY – freedom, choice, independence, space

MEANING – challenge, clarity, awareness, contribution creativity, growth, purpose, expression, to matter, consciousness, stimulation, effectiveness.

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FEELINGS WHEN YOUR NEEDS ARE SATISFIED

Affectionate – friendly, loving, open hearted, warm, tender, compassionate

Engaged – absorbed, alert, curious, involved, interested, stimulated, intrigued, interested

Hopeful – optimistic, encouraged, expectant

Confident – empowered, open, proud, safe, secure.

Excited – amazed, aroused, eager, energetic, enthusiastic, lively, passionate, surprised, giddy

Grateful – appreciative, moved, touched, thankful

Inspired – amazed, awed. wonder, motivated

Joyful – delighted, happy, pleased, tickled

Exhilarated – blissful, ecstatic, enthralled, radiant, thrilled

Peaceful – calm, clear headed, centered, fulfilled, relaxed, relieved, satisfied, trusting, content

Refreshed – rejuvenated, rested, restored, renewed, enlivened.

FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED

Afraid – apprehensive, dread, mistrustful, wary, worried, foreboding

Annoyed – aggravated, dismayed, displeased, frustrated, impatient, irritated

Angry – enraged, furious, resentful outraged, indignant incensed, furious

Aversion – animosity, appalled, contempt, disgusted, hate, hostile, repulsed

Confused - ambivalent, baffled, bewildered, hesitant, mystified, puzzled, torn

Disconnected – alienated, aloof, apathetic, bored, cold, detached, distant, indifferent withdrawn

Disquiet – agitated, alarmed, disconcerted, rattled, restless, shacked, surprised, troubled, upset

Embarrassed – ashamed, chagrined, flustered, guilty, self-conscious, mortified.

Fatigue – beat, burnt out, depleted listless, tired, weary worn out

Pain – agony, anguished, bereaved, devastated, lonely, miserable, regretful

Sad - depressed, dejected, despair, disappointed discouraged, gloomy, heavy hearted, hopeless, unhappy

Tense - anxious, distressed, edgy, fidgety, frazzled, nervous, irritable overwhelmed, restless, stressed out

Vulnerable – fragile, guarded, helpless, insecure, reserved, sensitive, shaky, leery

Yearning - envious, jealous, longing, nostalgic, wistful