

Pleasant (expansion)

CALM

relaxation grounded
serene centered
tranquil trusting
peaceful relief
quiet content
at ease fulfilled
comfortable satisfaction
at home mellow

HAPPY

joy delight
amusement glad
animated pleased

CURIOUS

fascination inspiration
interest anticipation
involvement wonder
engagement

CONFIDENT

empowerment
proud
hopeful
optimistic
strong

REFRESHMENT

rested
enlivened
restored
reactivation
clearheaded
exuberant

LIVELY

awake vibrant
excitement bliss
enthusiasm ecstatic
eager radiant
energetic thrill
passionate astonishment
alive amazement
surprise tingle

COMPASSION

tender touched
warm moved
open affection
loving friendly

GRATEFUL

appreciation openhearted
thankful encouragement

Feelings - Sensations - Emotions

CONFUSION

torn
doubt
lost
hesitant
bafflement
perplex
puzzled

FEAR

afraid
scared
suspicion
panic
paralyzed
terror
apprehension

FATIGUE

overwhelm
burn-out
exhaustion
sleepy
tired

VULNERABLE

fragile
insecure
reservation
sensitive

JEALOUS

envious

BODY SENSATIONS

knot in the belly shrink
lump in the throat sick
inner rush weak
disgust empty
choking shaky
breathless dizzy
squeeze foggy
trembling cold

SAD

heavy heart hopeless
nostalgic helpless
melancholy gloomy
disappointment down
discouragement longing
depression despair

PAIN

guilt heartbreak
hurt miserable
lonely devastation
grief regret
agony remorseful
suffer turmoil

AGITATION

uncertain alert
troubled restless
unsettle shock
cranky uncomfortable
disquiet uneasy

SHAME

embarrassment shy

WORRY

anxious
edgy
unquiet
concern
stress/tense
nervous

ANNOYANCE

irritation
frustration
exasperation
impatient

ANGER

upset
furious
rage
resentful

HATE

hostile
aversion
bitter
disgust
contempt
dislike

BOREDOM

apathetic
numb
far
withdraw
disengagement



Nonviolent Communication

Universal Basic Needs

PHYSICAL WELL-BEING

air
nourishment (food, water)
light
warmth
rest / sleep
movement / physical
exercise
health
touch
sexual expression
shelter / security / safety /
emotional safety /
protection from pain /
protection / preservation
comfort

HARMONY

peace
beauty
calm / equanimity /
relaxation / tranquility
ease
order
coherence / congruence
sustainability
stability / balance
communion / wholeness
completion / digestion /
integration
predictability / familiarity
equality / justice / fairness

CONNECTION

love / self-love
care / self-care
belonging
closeness / intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see & be seen)
hearing (hear & be heard)
understanding (understand
& be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship / partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream / faith
clarity / focus / concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence /
self-esteem/ dignity /
efficacy / effectiveness
to matter / take part in /
have my place in the world
spirituality / purpose
liberation / transformation
Interdependence
simplicity
celebration / mourning

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

PLAY

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity
renewal / refreshment

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