Needs List

Needs are more than the things we can't live without. They represent our values, desires and they provide us with the essence for happier and more meaningful experiences in life. Although we have different needs in differing amounts at different times, they are universal in all of us humans. When our needs are met (or satisfied) we experience good/positive feelings. When they are not met (or satisfied) we experience unpleasant/negative feelings.

Experiment for yourself! **When you feel good or bad: which of your needs are satisfied or not?**

How to find out if something is a 'Need'?

Ask yourself if everyone in this world has this need in one form or another.

→ *If your answer is yes, then it's most probably a (universal human) need.*

→ *If you think that most people, but not everyone, would need it, then chances are good that it is just a want or a strategy.*

Connection	Autonomy	Meaning
Acceptance	Choice	Achievement
Affection	Freedom	Acknowledgement
Appreciation	Independence	Awareness
Belonging	Space	Celebration of life
Closeness	Spontaneity	Challenges
Cooperation	Stability	Clarity
Communication	Authenticity	Competence
Community	Honesty	Consciousness
Companionship	Integrity	Contribution
Compassion	Presence	Creativity
Consideration	Peace	Discovery
Consistency	Beauty	Efficacy
Empathy	Communion	Effectiveness
Inclusion	Contact with Nature	Freedom of Spiritual
Interdependence	Ease	Expression
Intimacy	Equality	Growth
Justice	Harmony	Hope
Love / Kindness	Inspiration	Learning
Mutuality	Order / Chaos	Mourning
Nurturing	Well-Being	Participation
Privacy	Air / Breathing	Purpose
Protection	Food / Water	Self-Development
Respect / Self-respect	Health / Balance	Self-Expression
Sharing experiences, gifts, knowledge & skills	Movement / Exercise	Self-Worth
Support	Emotional Safety and Freedom	Spirituality
To see and be seen	Rest / Sleep	Stimulation
To understand & be understood	Sexual expression	To matter
Trust	Safety / Security	Understanding
Warmth	Shelter	Play
	Touch	Joy / Fun
		Humour

Feelings Inventories

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

Feelings when our <u>needs</u> ARE met

affectionate	**engaged**	**grateful**	**joyful**	**peaceful**
compassionate	absorbed	appreciative	amused	calm
friendly	alert	moved	delighted	clearheaded
fond	curious	thankful	glad	comfortable
loving	engrossed	touched	happy	centred
openhearted	enchanted		jubilant	content
sympathetic	entranced	**excited**	pleased	equanimity
tender	fascinated	amazed	tickled	fulfilled
warm	interested	animated	overjoyed	mellow
	intrigued	ardent		quiet
confident	involved	aroused	**exhilarated**	relaxed
empowered	spellbound	dazzled	blissful	relieved
open	stimulated	eager	ecstatic	satisfied
proud		energetic	elated	serene
safe	**refreshed**	enthusiastic	enthralled	still
secure	enlivened	giddy	exuberant	tranquil
	rejuvenated	invigorated	radiant	trusting
inspired	renewed	lively	rapturous	
amazed	rested	passionate	thrilled	**hopeful**
awed	restored	surprised	electrified	expectant
wonder	revived	vibrant	euphoric	encouraged
			overjoyed	optimistic
				inspired

Feelings when our <u>needs</u> ARE NOT met

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

annoyed
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

anger
angry
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

confused
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

disquiet
agitated
alarmed
discom-
bobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

**embar-
rassed**
ashamed
chagrined
flustered
guilty
mortified
self-
conscious

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

aversion
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

tense
anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

vulnerable
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

pain
agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

sad
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

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

yearning
envious
jealous
longing
nostalgic
pining
wistful

List of <u>NON</u>-FEELINGS

It is important to choose words that really are feelings. That's the reason for the list. If you use words like "abandoned" or "misled" or "unheard" we can prevent ourselves from getting to the "REAL" feelings.
These words are more like accusations or judgments than feelings.

When we slow down and think about it, often there is something like "sad" or "scared" or "frustrated." This distinction makes a big difference in how Non-Violent Communication works.

abandoned	*disrespected*	*provoked*
abused	*distrusted*	*put down*
attacked	*dinterrupted*	*rejected*
betrayed	*intimidated*	*taken for granted*
boxed-in	*let down*	*threatened*
bullied	*manipulated*	*unappreciated*
cheated	*misunderstood*	*unheard*
coerced	*neglected*	*unseen*
co-opted	*overworked*	*unsupported*
cornered	*patronized*	*unwanted*
diminished	*pressured*	*used*