



# H0001: Feelings and Needs Card 2023

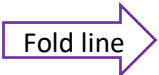
Print, fold along middle line of paper (where white needs' area meets the small purple band)

Stimulus	 
Observations	
Feelings	
Needs	
Requests	

Create Change, One Conversation at a Time with self-connection. **Stimulus** (something internal/external we have a reaction to). **Observations** (use 5 senses, be specific in time & context; are free of evaluations). **Feelings** (emotions, physical sensations *within*; point no fingers; feelings arise from our *thoughts* about how well our needs are being/will be met). **Needs** (deepest motivators fundamental to well-being). All our strategies are attempts to meet needs. **i** - Intention to connect? Yes? Can make a **Request** (doable, present, specific strategy; what *do* want, can accept "no").

<b>Needs</b>	Clarity	Food	Movement	Security
Acceptance	Closeness	Growth	Mutuality	Self-expression
Air	Communication	Harmony	Order	Sexual expression
Appreciation	Community	Health	Participation	Shelter
Authenticity	Compassion	Honesty	Peace	Stimulation
Autonomy	Competence	Hope	Physical well-being	Support
Awareness	Connection	Inclusion	Play	To be seen
Balance	Consideration	Inspiration	Presence	To matter
Beauty	Contribution	Integrity	Purpose	Touch
Belonging	Cooperation	Intimacy	Reassurance	Trust
Celebration	Creativity	Justice	Respect	Understanding
Challenge	Ease	Love	Rest	Warmth
Choice	Effectiveness	Meaning	Safety	Water
	Empathy	Mourning		

Card (c) Elke Haggerty, LL.M, MBA, **Process that Works** [www.process-works.ca](http://www.process-works.ca)



If you want help creating a quality of connection where mutuality is joyful, you're welcome to contact Elke Haggerty: [www.process-works.ca](http://www.process-works.ca). Based on the work of Dr. Marshall B. Rosenberg (cnvc.org).

<b>Feelings</b>	Afraid	Dejected	Frustrated	Moved	Stressed	<b>you are</b>
Aggravated	Delighted	Furious	Nervous	Surprised	abandoned	abused
Agitated	Depressed	Glad	Numb	Tender	attacked	betrayed
Alarmed	Discouraged	Grateful	Open	Tense	cheated	coerced
Amazed	Disgusted	Grieving	Outraged	Terrified	cheated	coerced
Ambivalent	Dishheartened	Happy	Over-	Tired	distrusted	ignored
Amused	Eager	Hopeless	Peaceful	Touched	intimidated	manipulated
Angry	Ecstatic	Hurt	Petrieved	Troubled	overworked	neglected
Anguished	Edgy	Impatient	Puzzled	Uncom-	pressured	provoked
Annoyed	Anxious	Embarrassed	Insecure	Regretful	rejected	threatened
Anxious	Apprehensive	Enthralled	Intrigued	Relaxed	unappreciated	not listened to
Appreciative	Apprehensive	Enthralled	Intrigued	Relaxed	unappreciated	not listened to
Appreciated	Enthusiastic	Irritated	Remorseful	Upset	unsupported?	
Apprehensive	Enthusiastic	Irritated	Remorseful	Upset		
Bored	Envious	Joyful	Reputed	Vulnerable		
Calm	Exasperated	Jubilant	Resentful	Worried		
Comfortable	Excited	Listless	Restless	Worried		
Concerned	Exhausted	Lonely	Sad	Body		
Confused	Exhilarated	Longing	Scared	sensations?		
Content	Fascinated	Miserable	Shocked			
Curious	Frightened	Mortified	Stimulated			

