

pleasant (expansion)

Feelings, Sensations, Emotions

unpleasant (contraction)

calm

relaxed	trusting
serene	relieved
tranquil	centered
peaceful	content
quiet	fulfilled
at ease	satisfied
comfortable	mellow

happy

amused	glad
animated	joyful
delighted	pleased

curious

fascinated
interested
involved
engaged
inspired

refreshed

rested
enlivened
restored
reactivated
clearheaded

grateful

moved	appreciative
thankful	encouraged

confident

empowered	safe
open	hopeful
proud	

lively

excited	radiant
enthusiastic	thrilled
eager	astonished
energetic	amazed
passionate	optimistic
vibrant	anticipation
blissful	ecstatic

compassion

tender	affection
warm	friendly
openhearted	sympathetic
loving	touched

vulnerable

fragile
insecure
reserved
sensitive

confused

torn
lost
hesitant
baffled
perplexed
puzzled

fear

afraid
scared
suspicious
panicked
paralyzed
terrified
apprehensive

fatigue

sleepy
burn-out
exhausted
overwhelmed
tired

bored

disconnected
alienated
apathetic
cold
numb
withdrawn
impatient

worried

concerned
stressed
nervous
anxious
edgy
unquiet

jealous

envious

hate

dislike
hostile
aversion
bitter
disgusted
scorn

body sensations

breathless	squeezed	weak
pain	shrink	empty
tense	sick	choked
shaky		

uncomfortable

troubled	disquiet	shocked
unsettled	agitated	surprised
restless	disturbed	alert
uncertain	cranky	uneasy

annoyed

irritated	impatient
frustrated	displeased
unsatisfied	

embarrassed

ashamed
shy

pain

hurt	suffer	regretful
agony	grief	remorseful
lonely	guilt	heartbroken
miserable	turmoil	devastated

sad

depressed	despair	heavy hearted
gloomy	helpless	disappointed
pity	hopeless	discouraged
longing	nostalgic	melancholy





Universal basic needs

play

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

honesty

self-expression
authenticity
integrity
transparency
realness / truth

physical well-being

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

connection

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

harmony

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

freedom

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

meaning

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

Communication NonViolente

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