

Compassionate Communication

feelings when needs are being met:

CONFIDENT

courageous
empowered
motivated
open
optimistic
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
energetic
fascinated
interested
intrigued
involved
motivated
stimulated

EXHILARATED

awed
blissful
delighted
ecstatic
elated
enthralled
exuberant
radiant
thrilled

EXCITED

amazed
animated
curious
dazzled
eager
elated
energetic
enthusiastic
giddy
lively
psyched
surprised
vibrant

GRATEFUL

appreciative
generous
moved
pleased
relieved
satisfied
thankful
touched

HAPPY

amused
cheerful
content
delighted
glad
grateful
joyful
merry
playful
optimistic

HOPEFUL

confident
content
curious
expectant
encouraged
optimistic
motivated
relieved

INSPIRED

creative
enthusiastic
grateful
hopeful
joyous
moved
motivated
optimistic

JOYFUL

amused
delighted
elated
festive
glad
grateful
jubilant
playful
pleased
tickled
upbeat

PEACEFUL

accepting
calm
comfortable
centered
content
fulfilled
mellow
quiet
relaxed
satisfied
serene
still
tranquil
trusting

SAFE

assured
calm
content
inquisitive
protected
secure
stable
trusting

REFRESHED

clear
enlivened
reinvigorated
rejuvenated
renewed
restored
revived

Adapted from Nonviolent Communication by Marshall B. Rosenberg, PhD (cnvc.org)