

**“When I ( see, hear, notice) \_\_\_\_\_, I feel \_\_\_\_\_ because I need \_\_\_\_\_.**  
**Would you be willing to \_\_\_\_\_?”**

### **Feelings**

|                   |                  |
|-------------------|------------------|
| <b>Delighted</b>  | <b>Relaxed</b>   |
| Joyful            | Relieved         |
| Happy             | Rested           |
| Amused            | Mellow           |
| Adventurous       | At ease          |
| Blissful          | Light            |
| Elated            |                  |
| <b>Thankful</b>   | <b>Content</b>   |
| Appreciative      | Cheerful         |
| Moved             | Glad             |
| Touched           | Comfortable      |
| Tender            | Pleased          |
| Expansive         |                  |
| Grateful          | <b>Friendly</b>  |
|                   | Affectionate     |
| <b>Excited</b>    | Loving           |
| Enthusiastic      | Passionate       |
| Overjoyed         |                  |
| Fervent           | <b>Energetic</b> |
| Giddy             | Exhilarated      |
| Eager             | Exuberant        |
| Ecstatic          | Vigorous         |
| Thrilled          |                  |
|                   | <b>Alert</b>     |
| <b>Satisfied</b>  | Focused          |
| Fulfilled         | Awake            |
| Gratified         | Clearheaded      |
| <b>Interested</b> | <b>Peaceful</b>  |
| Curious           | Tranquil         |
| Absorbed          | Serene           |
|                   | Calm             |
| <b>Healthy</b>    |                  |
| Empowered         | <b>Confident</b> |
| Alive             | Secure           |
| Robust            | Safe             |
|                   | Hopeful          |

### **Feelings**

|                   |                    |
|-------------------|--------------------|
| <b>Scared</b>     | <b>*Angry</b>      |
| Apprehensive      | *Furious           |
| Dread             | *Rage              |
| Worried           | *Irate             |
| Panicky           | *Resentful         |
| Frightened        | Irritated          |
|                   | <b>Frustrated</b>  |
| <b>Nervous</b>    | Disappointed       |
| Jittery           | Discouraged        |
| Anxious           | Disheartened       |
| Restless          | Impatient          |
|                   | <b>Shocked</b>     |
| <b>Tense</b>      | Disturbed          |
| Cranky            | Stunned            |
| Stiff             | Alarmed            |
| Stressed          | Appalled           |
| Overwhelmed       | Concerned          |
| Agitated          | Horried            |
| Aggravated        |                    |
| <b>Hurt</b>       | <b>Sad</b>         |
| Pain              | Grief              |
| Agony             | Despair            |
| Anguish           | Gloomy             |
| Heartbroken       | Sullen             |
| Lonely            | Downhearted        |
|                   | <b>Torn</b>        |
| <b>*Depressed</b> | Ambivalent         |
| Disconnected      | Confused           |
| Detached          | Puzzled            |
| Despondent        |                    |
| Dejected          | <b>Jealous</b>     |
| Bored             | Envious            |
|                   | *Bitter            |
| <b>Tired</b>      |                    |
| Burnt Out         | <b>Embarrassed</b> |
| Exhausted         | *Ashamed           |
| Lethargic         | Contrite           |
|                   | *Guilty            |

### **Needs**

|                    |                    |
|--------------------|--------------------|
| <b>Intimacy</b>    | <b>Purpose</b>     |
| Empathy            | Competence         |
| Connection         | Contribution       |
| Affection          | Efficiency         |
| Warmth             | Growth             |
| Love               | Learning           |
| Understanding      | Challenge          |
| Acceptance         | Discovery          |
| Caring             |                    |
| Bonding            | <b>Order</b>       |
| Compassion         | Structure          |
| Communion          | Clarity            |
| Spirituality       | Focus              |
| Sexuality          | Information        |
|                    | <b>Celebration</b> |
| <b>Autonomy</b>    | Mourning           |
| Choice             | Aliveness          |
| Freedom            | Humor              |
| Spontaneity        | Beauty             |
| Independence       | Play               |
| Respect            | Creativity         |
| Honor              | Joy                |
|                    | <b>Honesty</b>     |
| <b>Security</b>    | Integrity          |
| Predictability     | Authenticity       |
| Consistency        | Wholeness          |
| Stability          | Fairness           |
| Trust              | Expression         |
| Reassurance        |                    |
| <b>Partnership</b> | <b>Peace</b>       |
| Mutuality          | Groundedness       |
| Friendship         | Hope               |
| Companionship      | Healing            |
| Support            | Harmony            |
| Collaboration      |                    |
| Belonging          | <b>Nurturing</b>   |
| Community          | Food/Water         |
| Consideration      | Rest/Sleep         |
| Seen/heard         | Safety             |

\* These are alarm feelings letting you know that judgments and “shoulds” are in your thoughts and you are disconnected from needs.

Created by LaShelle Lowe-Charde' *Wise Heart – Helping Couples Communicate with Compassion*  
[www.wiseheartpdx.org](http://www.wiseheartpdx.org)