

FEELINGS WHEN NEEDS ARE PERCEIVED AS NOT MET

ANGRY

Agitated
Annoyed
Appalled
Bitter
Cranky
Disgusted
Enraged
Frustrated
Furious
Resentful
Impatient

SAD

Bored
Despairing
Disappointed
Discouraged
Depressed
Hopeless
Lonely
Hurt
Heartbroken
Woeful
Exhausted
Gloomy
Indifferent

SCARED

Afraid
Anxious
Cautious
Apprehensive
Terrified
Concerned
Dread
Insecure
Nervous
Overwhelm
Reluctant
Suspicious
Worried

"BAD"

Apathetic
Confused
Shocked
Torn
Weary
Withdrawn
Puzzled
Restless
TIRED
Fatigued
Exhausted
Listless
Weary

YEARNINGING

Jealous
Longing
Protective
Envious
Nostalgic
Wistful

EMBARRASSED

Ashamed
Chagrined
Flustered
Mortified

FEELINGS WHEN NEEDS ARE PERCEIVED AS MET

INTERESTED

Curious
Alert
Eager
Engaged
Fascinated
Stimulated
Amused

HAPPY

Confident
Glad
Excited
Motivated
Enthusiastic
Joyful

CONFIDENT

Carefree
Energetic
Empowered
Open
Invigorated

AFFECTIONATE

Compassionate
Tender
Loving
Warm
Hopeful
Openhearted

GRATEFUL

Appreciative
Moved
Touched
Thankful

INSPIRED

Optimistic
Amazed
Astonished

PEACEFUL

Calm
Content
Satisfied
Relaxed
Serene
Quiet

PLAYFUL

Adventurous
Mischievous
Expansive
Effervescent

BODY SENSATIONS

Achy

Antsy

Bloated

Breathless

Bubbly

Burning

Jittery

Heavy

Fuzzy

Light-headed

Lethargic

Nauseous

Warm

Tight

Tingly

Weak

Strong

Spinning

Numb

Prickly

Shaky

Jumpy

Loose

Throbbing

Itchy

Paralyzed

Puffy

Shivery

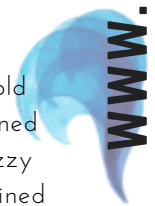
Light

Cold

Pained

Dizzy

Drained



NEEDS

NVC IS BASED ON THE AWARENESS OF NEEDS TO CONNECT US TO LIFE.

LOVE

Acceptance
Affection
Beauty
Caring
Closeness
Valuing
Respect
To Matter
Nurturance
Kindness
Gratitude / Mourning

COMMUNITY

Belonging
Equality
Equity
Reciprocity
Shared Agreements
Tolerance
Mutuality
Cooperation
Shared Reality
Harmony

MEANING

Appreciation
Achievement
Clarity
Contribution
Discovery
Challenge
Mastery/Skill
Productivity
Hope
Transcendence
Purpose
To Enrich Life

CREATIVITY

Authenticity
Innovation
Passion
Play
Adventure
Inspiration
Openness
Inspiration
Spontaneity

AUTONOMY

Choice
Freedom
Honesty
Courage
Integrity
Power
Self-Responsibility
Interdependence

UNDERSTANDING

Awareness
Empathy
To Be Heard
Consideration
To Be Seen
Communication
Acceptance
Acknowledgement

SURVIVAL

Clothing
Shelter
Nourishment
Sustainability
Abundance
Support

HEALTH

Balance
Ease
Movement
Fun
Rest
Relaxation
Space
Order

SAFETY

Peace
Faith
Trust
Reliability
Stability
Security
Predictability

WWW.KARENSTARZ.COM

Ripples make waves...