

SAMPLE FEELINGS



- ◉ **Feelings (when Needs met):**

Relaxed, Content, Hopeful,
Satisfied, Happy, Inspired,
Amazed, Grateful, Joyful



- ◉ **Feelings (when Needs not met):**

Sad, Longing, Confused, Lonely,
Hurt, Regretful, Afraid, Upset,
Overwhelmed, Frustrated,
Annoyed, Angry



<https://www.cnvc.org/training/resource/feelings-inventory>

[CompassionateConnecting.com](https://www.compassionateconnecting.com)

SAMPLE NEEDS/VALUES



- ◉ **Physical Needs:** Air, Water, Shelter, Food, Touch, Movement, Nature
- ◉ **Personal Needs:** Autonomy, Expression, Creativity, To be seen, Mastery, Empowerment, Space, Ease, Effectiveness, Stimulation, Aliveness, Honesty, Authenticity, Well-Being, Rest, Integrity, Learning, Growth
- ◉ **Interpersonal Needs:** Community, Belonging, Inclusion, Support, Partnership, Companionship, Collaboration, Consideration, Empathy, Reciprocity, Equity, Connection, Closeness, Peace, Shared-Play, Collective Learning (Evolution)
- ◉ **Transcendent Needs:** Meaning, Purpose, Love, Contribution, Flow, Beauty, Harmony, Communion, Intimacy, Spiritual Connection



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