

Transpersonal

Needs

Universal Human Needs are life energy in us seeking fulfillment independently of Person, Location, Action, Time, Object (PLATO)



Love, Flow, Beauty
Communion, Oneness
Spiritual Connection

Harmony
Transparency
Equity

Health
Rest
Play

Peace

Mutuality
Connection
Affection

Life

Empathy

Expression
Appreciation
Authenticity

Honesty

Community

Support
Belonging
Consideration

Autonomy

Self-Empathy

Choice
Freedom
Empowerment

Safety
Survival
Protection

Self-Awareness, Self-Acceptance
Self-Connection, Self-Responsibility

Sustainability

Incendence

Creativity
Meaning
Purpose
Identity
To Matter
Contribution
Soul-Connection



Embodiment

Attunement, Nourishment, Food, Drink

Touch, Pleasure, Aliveness, Movement

Inspired by Jim & Jori Manske's
Needs Wheel, Marshall Rosenberg,
Ph.D. and Bill Plotkin, Ph.D.

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Feelings

Celebrating

	Amused	Aroused	Amazed	Awe	
	Comfortable	Astonished	Appreciative	Giddy	Blissful
Calm	Content	Curious	Eager	Grateful	Delighted
Comfortable	Fulfilled	Encouraged	Energized	Dazzled	Ecstatic
Mellow	Glad	Fascinated	Engaged	Elated	Joyful
Peaceful	Pleased	Hopeful	Enlivened	Happy	Passion
Relaxed	Relieved	Intrigued	Enthusiastic	Inspired	
Tranquil	Satisfied	Moved	Excited	Thankful	
Warm	Serene	Surprised			
	Sympathetic	Touched			

Feelings describe the quality and intensity of the fulfillment of our Needs.

1 2 3 4 5 6 7 8 9 10

Mourning

		Afraid	Cranky						
		Concern	Disappointment	Alarm					
Aloof	Embarrassed	Confusion	Discouragement	Annoyance	Despair	Angry			
Ambivalent	Guilt	Fear	Envy	Anxious	Distress	Furious			
Apathetic	Tender	Hurt	Frustration	Depression	Grief	Irate			
Boredom	Lonely	Impatient	Helpless	Hopeless	Shame	Rage			
Cold	Longing	Nervous	Jealous	Irritation	Terror				
Fatigue	Sad	Restless	Puzzled	Overwhelm					
Lethargic	Vulnerable	Torn	Regret	Shaky					
Numb	Worry	Uncomfortable	Remorse	Suspicious					
Tired	Yearning	Unhappy	Tense						
		Upset							

Intensity

Heart-Canvas is a map pointing to the landscape of inner experience — highlighting places to focus our attention while looking for a resonance. The goal is to support learning, empathy, honesty and colloquial compassionate communication. It's not a perfect, formal or complete map.

Blaming

Abandoned	Boxed-in	Dismissed	Intimidated	Neglected	Rejected
Abused	Cheated	Disgruntled	Irritated	Overworked	Resentful
Agitated	Criticized	Disrespected	Isolated	Patronized	Shocked
Attacked	Coerced	Enraged	Judged	Pressured	Threatened
Alienated	Cornered	Harassed	Let-down	Provoked	Tricked
Betrayed	Devastated	Horried	Left-out	Pushed-Away	Used
Blamed	Distrusted	Ignored	Manipulated	Picked-on	Unappreciated
Bullied	Discouraged	Inadequate	Misunderstood	Put Down	Victimized

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