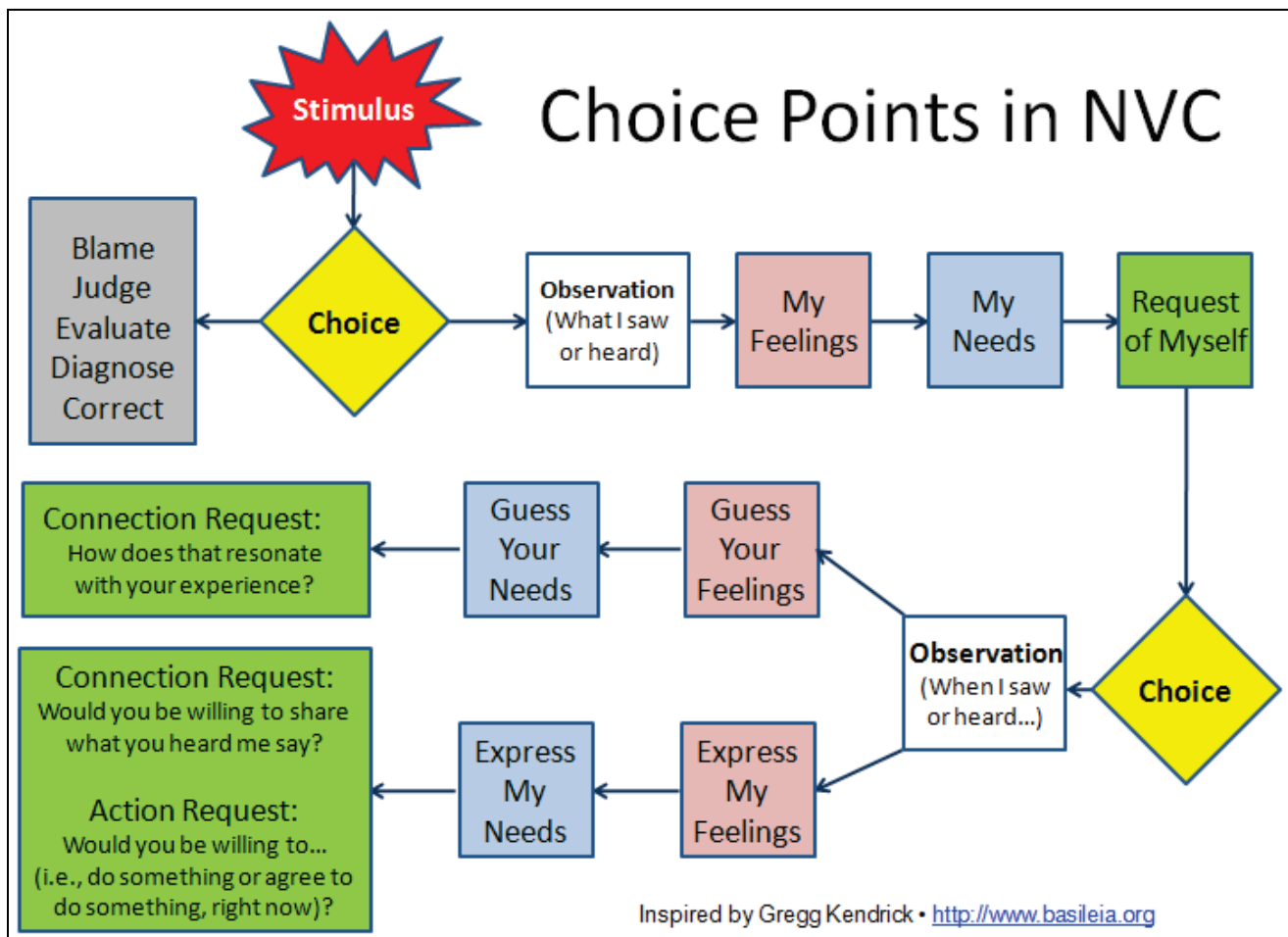
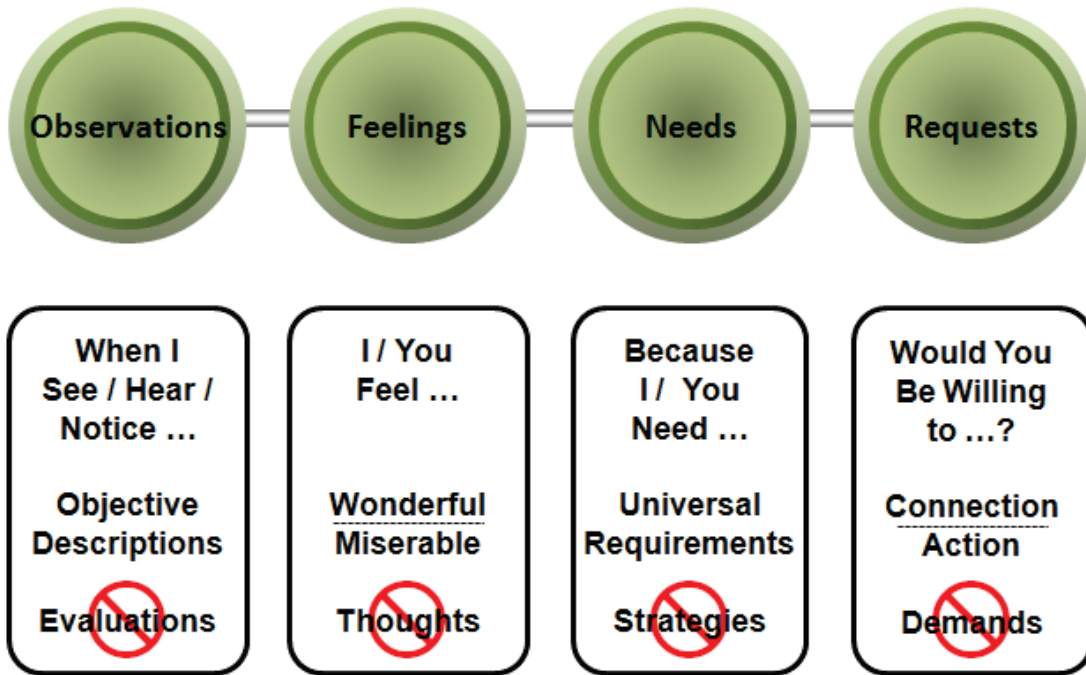


# Expressing Empathy

With Gratitude to Marshall Rosenberg, Ph.D. <http://www.cnvc.org>

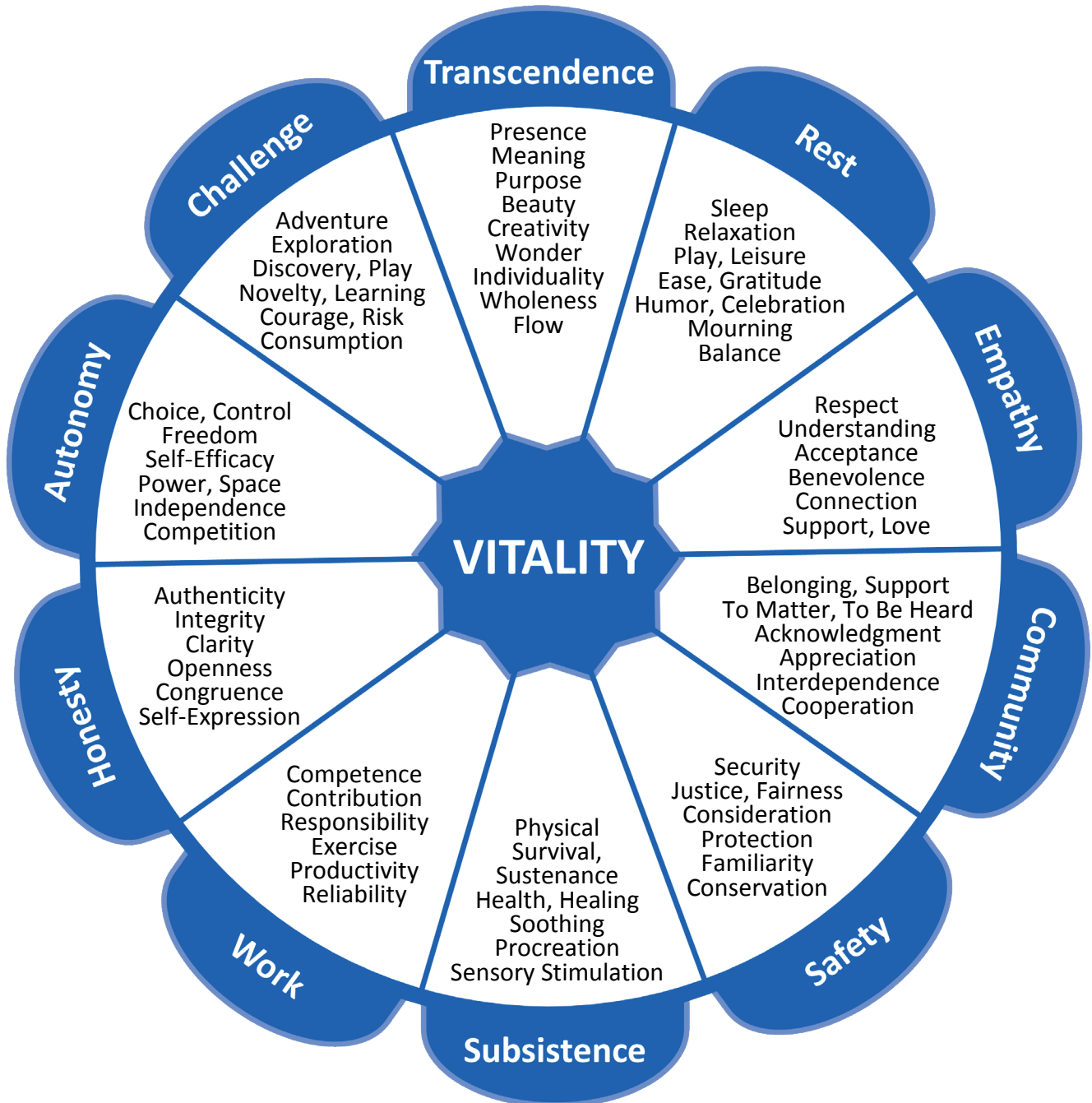


# Feeling Words

WHEN NEEDS <b>ARE NOT</b> BEING MET	WHEN NEEDS <b>ARE</b> BEING MET
<p><b>Hostile</b> Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Distain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive</p>	<p><b>Exhilarated</b> Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy</p>
<p><b>Angry</b> Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off</p>	<p><b>Excited</b> Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate</p>
<p><b>Annoyed</b> Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight</p>	<p><b>Inspired</b> Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder</p>
<p><b>Upset</b> Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled</p>	<p><b>Joyful</b> Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled</p>
<p><b>Tense</b> Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy</p>	<p><b>Relaxed</b> At ease, Carefree, Comfortable, Open</p>
<p><b>Afraid</b> Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Scared, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Reserved, Sensitive, Shaky, Unsteady</p>	<p><b>Curious</b> Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated</p>
<p><b>Vulnerable</b> Cautious, Fragile, Guarded, Helpless, Insecure, Helpless, Leery, Reluctant</p>	<p><b>Confident</b> Empowered, Proud, Safe, Secure, Self-assured</p>
<p><b>Confused</b> Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn</p>	<p><b>Engaged</b> Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved</p>
<p><b>Embarrassed</b> Ashamed, Chagrined, Contrite, Guilty, Disgraced, Humiliated, Mortified, Remorse, Regretful, Self-conscious</p>	<p><b>Hopeful</b> Expectant, Encouraged, Optimistic</p>
<p><b>Longing</b> Envious, Jealous, Nostalgic, Pining, Wistful, Yearning</p>	<p><b>Grateful</b> Appreciative, Moved, Thankful, Touched</p>
<p><b>Tired</b> Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out</p>	<p><b>Refreshed</b> Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived, Energetic</p>
<p><b>Disconnected</b> Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn</p>	<p><b>Affectionate</b> Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm</p>
<p><b>Sad</b> Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy</p>	<p><b>Peaceful</b> Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil</p>
<p><b>Shocked</b> Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised</p>	<p><b>Relieved</b> Complacent, Composed, Cool, Trusting</p>
<p><b>Pain</b> Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched</p>	<p><b>Content</b> Glad, Cheerful, Fulfilled, Satisfied</p>

# The Wheel of Universal Human Needs

Vitality Blossoms When Needs Are Met



Inspired by the work of Jim & Jori Manske (2005) <http://radicalcompassion.com>,  
 Marshall Rosenberg (2005) <http://www.cnvc.org>, and Manfred Max-Neef (1992), Chilean economist

# Reframing “Faux Feelings”

## Thoughts That My Feelings are Caused “By You”

<b>Causal Attributions</b>	<b>Possible Primary Feelings</b>	<b>Possible Underlying Needs</b>
Attacked	Scared, Angry	Safety, Respect
Belittled	Indignant, Distressed, Tense, Embarrassed, Outraged	Respect, Autonomy, To Be Seen, Acknowledgement, Appreciation
Blamed	Angry, Scared, Antagonistic, Bewildered, Hurt	Fairness, Justice, Understanding
Betrayed	Stunned, Outraged, Hurt, Disappointed	Trust, Dependability, Honesty, Commitment, Clarity
Boxed In	Frustrated, Scared, Anxious	Autonomy, Choice, Freedom, Self-Efficacy
Coerced	Angry, Frustrated, Scared, Anxious,	Autonomy, Choice, Freedom, Self-Efficacy
Criticized	Humiliated, Irritated, Scared, Anxious, Embarrassed	Understanding, Acknowledgement, Recognition
Disrespected	Furious, Hurt, Embarrassed, Frustrated	Respect, Trust, Acknowledgement
Distrusted	Hurt, Sad, Frustrated	Honesty, Authenticity, Integrity, Trust
Harassed	Angry, Aggravated, Pressured, Frightened, Exasperated	Respect, Consideration, Ease
Hassled	Irritated, Irked, Distressed, Frustrated	Autonomy, Ease, Calm, Space
Insulted	Angry, Embarrassed, Incensed	Respect, Consideration, Acknowledgement, Recognition
Interrupted	Irritated, Hurt, Resentful	Respect, Consideration, To Be Heard
Intimidated	Frightened, Scared, Vulnerable	Safety, Power, Self-Efficacy, Independence
Left Out	Sad, Lonely, Anxious	Belonging, Community, Connection, To Be Seen
Manipulated	Resentful, Vulnerable, Sad, Angry	Autonomy, Consideration, Choice, Power
Misunderstood	Upset, Dismayed, Frustrated	Understanding, To Be Heard, Clarity
Overworked	Angry, Tired, Frustrated, Resentful	Respect, Consideration, Rest, Caring, Ease
Pressured	Overwhelmed, Anxious, Resentful	Relaxation, Ease, Clarity, Space, Consideration
Rejected	Hurt, Scared, Angry, Defiant	Belonging, Connection, Acknowledgment
Taken Advantage Of	Angry, Powerless, Frustrated	Autonomy, Power, Trust, Choice, Connection, Acknowledgment
Taken For Granted	Hurt, Disappointed, Angry	Appreciation, Acknowledgement, Recognition, Consideration
Tricked	Indignant, Embarrassed, Furious	Integrity, Honesty, Trust
Unappreciated	Sad, Hurt, Frustrated, Irritated	Appreciation, Respect, Acknowledgement
Unsupported	Sad, Hurt, Resentful	Support, Understanding
Violated	Outraged, Agitated, Anxious, Sad	Safety, Trust, Space, Respect