COMPASSIONATE COMMUNICATION

The Game of WHO'S RIGHT

Demands
Strategies
Thoughts
Evaluations
Correct
Connect

The Realm of POSSIBILITIES

Requests
Connection
Needs
Action
Feelings
Observations

INTENTION

STIMULUS

With gratitude to Marshall Rosenberg, Center for Nonviolent Communication
www.cnvc.org

CENTER for SCHOOL TRANSFORMATION
www.SchoolTransformation.com | 757.345.3452 | info@schooltransformation.com
### Feelings When Needs Are **NOT** Being Met

**HOSTILE**
- Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Disdain, Hate, Horrified, Repulsed, Scorn, Surlly, Vengeful, Vindictive

**ANGRY**
- Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off

**ANNOYED**
- Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irritated, Miffed, Peeved, Restless, Sullen, Uptight

**UPSET**
- Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled

**TENSE**
- Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy

**AFRAID**
- Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Reserved, Scared, Sensitive, Shaky, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Unsteady

**VULNERABLE**
- Cautious, Fragile, Guarded, Helpless, Insecure, Leery, Reluctant

**CONFUSED**
- Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn

**EMBARRASSED**
- Ashamed, Chagrined, Contrite, Disgraced, Guilty, Humiliated, Mortified, Remorse, Regretful, Self-conscious

**LONGING**
- Envious, Jealous, Nostalgic, Pining, Wistful, Yearning

**TIRED**
- Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out

**DISCONNECTED**
- Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonly, Numb, Removed, Uninterested, Withdrawn

**SAD**
- Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Downcast, Gloomy, Grief, Heavyhearted, Hopeless, Melancholy, Sorrow, Unhappy

**SHOCKED**
- Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised

**PAIN**
- Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched

### Feelings When Needs **ARE** Being Met

**EXHILARATED**
- Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy

**EXCITED**
- Alive, Amazed, Animated, Eager, Enthusiastic, Invigorated, Lively, Passionate

**INSPIRED**
- Amazed, Astonished, Awe, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder

**JOYFUL**
- Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled

**RELAXED**
- At ease, Carefree, Comfortable, Open

**CURIOUS**
- Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated

**CONFIDENT**
- Empowered, Proud, Safe, Secure, Self-assured

**ENGAGED**
- Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved

**HOPEFUL**
- Expectant, Encouraged, Optimistic

**GRATEFUL**
- Appreciative, Moved, Thankful, Touched

**REFRESHED**
- Energetic, Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived

**AFFECTIONATE**
- Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm

**PEACEFUL**
- Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil

**RELIEVED**
- Complacent, Composed, Cool, Trusting

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