

Connecting Feelings with Needs/Values

A - Connecting statements to use with others or self.

- 1 - I am feeling (C or D) _____ because I am needing/valuing (B) _____.
- 2 - Are you feeling (C or D) _____ because you are needing/valuing (B) _____?
- 3 - When I see/hear _____ I feel (C or D) _____ because I need/value (B) _____.

B - Universal Human Needs/Values – not specific to any person, action or thing.

Connection – Love, intimacy, understanding, cooperation, kindness, trust, reassurance, support
Autonomy – choice freedom, independence, space, spontaneity, confidence, creativity, joy
Justice/Equality – mattering, belonging, respect, dignity, consideration, trust, shared values
Meaning/Contribution/Purpose – service, creativity, effectiveness, growth/learning, hope, contribution
Honesty – authenticity, congruence, integrity, genuineness, to be seen, to be heard
Peace/Play/Beauty/Fun – harmony, ease, order, comfort, celebration, compassion, clarity, mourning
Sustenance/Protection – safety, security, survival, stability, well being, rest, nurturance

C – Feelings for needs being met.

Affectionate compassionate friendly tender warm	Engaged absorbed alert curious engrossed entranced fascinated interested intrigued involved spellbound stimulated amazed awed	Excited animated astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant	Confident empowered open proud safe secure Grateful appreciative moved thankful Refreshed enlivened rested	Hopeful expectant encouraged optimistic Joyful amused delighted glad happy jubilant pleased tickled	Peaceful calm comfortable centered content mellow quiet relaxed relieved satisfied tranquil
--	---	---	---	--	--

D – Feelings for needs not being met:

Afraid apprehensive dread foreboding frightened mistrustful panicked scared suspicious terrified wary worried	indignant irate livid outraged resentful Aversion animosity contempt disgusted dislike hate horrified repulsed Confused ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn	Disconnected alienated aloof bored cold detached distant distracted indifferent numb uninterested withdrawn Disquiet agitated alarmed disturbed rattled restless shocked startled surprised troubled turbulent turmoil	uncomfortable uneasy unsettled upset Embarrassed ashamed flustered guilty mortified self-conscious Fatigue beat burnt out exhausted lethargic listless sleepy tired weary worn out Pain agony anguished	devastated grief heartbroken hurt miserable regretful Sad depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless wretched Tense anxious cranky distressed	distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out Vulnerable fragile guarded helpless insecure reserved shaky Yearning envious jealous longing pining wistful
---	---	---	--	--	--

Self Care

When you're feeling uncomfortable feelings and sensations, you can soothe yourself.

1. Ask yourself: "What am I feeling?" - Be aware of feelings in the body, sensations, and thoughts that go with this feeling.
2. Describe feelings as best as you can, "I am feeling..."
3. Then say, "I am feeling (your words) and I'm OK"
4. Speak these words into the feelings and sensations in your body.
5. Then, if you don't feel OK, or you don't believe you're OK, ask yourself, "What am I needing now?"
6. Then breathe deeply and tell yourself, "As I am breathing deeper, I am becoming (your need)."
7. Also, if you need to physically do something to take care of yourself, do so!

Empathy

When you practice empathy you are creating a safe place for whatever you or someone else is experiencing. There is no intention to change or fix what is being offered. We are learning to receive and value what is alive in ourselves and in others.

Give empathy to yourself:

- Remember what stimulated you. This might be something someone said to you or your own judgment of yourself. Example: "I should have done a better job."
- Use the feelings and needs list to help identify feelings and needs that are stimulated.
- It can be helpful to think or speak to yourself, "I feel _____ because my need for _____ is not being met."
- Notice how you feel when you identify these feelings and needs.
- Repeat the process.
- Watch for some kind of settling or shift in yourself to indicate something important has been seen and heard.

Give empathy to another person:

- State your observations or repeat the stimulus they've shared.
- Guess their feelings and their needs,
"Are you feeling _____ because you're needing _____?"
- Listen to their responses and repeat the process.
- Watch for some kind of settling or shift in the person to indicate something important has been seen and heard.

The Flow of Choice in NVC

Observation/ Stimulus evokes a **Feeling** which is connected to a **Need** and leads to a **Request/ Action**

O → **F** → **N** → **R**



Empathically Connecting

Honestly Expressing

In balance!

Is your intention to connect?

Empathy

Self-Expression

O - When I see/hear...
F - I wonder if you are feeling....
N - Because you are needing...?
R - Would you like?

Present Moment Choice!

(Move freely between each option.)

O - When I see/hear...
F - I feel....
N - Because I need/value...
R - Would you be willing to...?

line between inner and outer

Self-Connection

O - When I see/hear...
F - I feel....
N - Because I need/value...
R - What would I like to focus on next...?



Needs/Values are like groundwater rising up within us!



Observation



- Is what we see or hear, without the filters of our own conclusions, opinions, judgments, evaluations, or labels.
- Can be the trigger for my upset, the stimulus for my pain; not the cause.
- Can be thought of in terms of “what a video camera would record”.

Practice making Observations by reading the following statements and checking the ones that are clear observations without any of our filters added. Practice more by rewriting the ones with filters using pure observations.

1. Jamie is aggressive.
2. My father is a good man.
3. Last month, Roberto was at work before 8am every workday.
4. Joyce was disrespectful of me in class yesterday.
5. I'm not eating healthy food.

Requests



Requests are:

- In the form of do-able positive action language.
- In the present moment for connection and understanding.
- Open-ended; not attached to outcome.
- Turning the dialogue over to the other person, and now I RECEIVE.

A request or a demand?

- I'm feeling tired and need some support, so it's your turn to do the dishes.
- I need you to call me if you're going to be late.
- I'd like to hear how you feel when you hear me say this.
- Would you be willing to treat me with more respect?

Non-Feeling Words and Phrases

Attacked	Betrayed
Invalidated	Provoked
Overpowered	Tricked
Rejected	Crushed
Unheard	Wronged
Dumped on	Lied to
Blamed	Insulted
Bullied	Let down
Neglected	Pressured
Overworked	Trapped
Abused	Used
Misled	Put upon
Smothered	Accused
Dominated	Coerced
Humiliated	Unseen
Criticized	Hassled
Ignored	Diminished
Left-out	Unappreciated
Patronized	Provoked
Threatened	Tormented
Distrusted	Offended
Disrespected	Lectured to
Hassled	Intimidated
Cheated	Manipulated
Put down	Ripped off
Cornered	Tricked



Feeling Inadequate or Inferior?

Violated	Unsupported
Abandoned	Tortured
Taken advantage	Deprived
of	Victimized
Misunderstood	Forced
Unwanted	Cursed
Taken for granted	
Interrupted	

These are words that convey judgments of what we think others are doing to us. These words are part of a “victim language” implying someone has power over me to “make me feel” this way. One way to distinguish a feeling from a feeling with judgment is if someone can object to my expression.

If I say, “I’m feeling attacked right now,” Someone might say, “I’m not attacking you!”
 Instead, if I say, “I’m feeling scared right now.” I’m not blaming them and they don’t feel the need to deny my feelings.

We can get connected with our true emotions when we catch ourselves using one of these words or phrases. Say this to yourself:

“When I think I am _____ (non-feeling word) what emotion am I feeling?”

Examples: “When I think I am being manipulated, I feel uneasy.”
 “When I tell myself I’m being put down, I feel some hurt.”

We often use the word, “feel” to refer to thoughts and judgments. For example: “I feel that I’m being neglected,” or “I feel like this is wrong.”

When giving empathy to someone and you hear these feeling/judgments, instead of correcting, you can respond by saying, “When you think you’re being neglected does it hurt?”

How to continue...

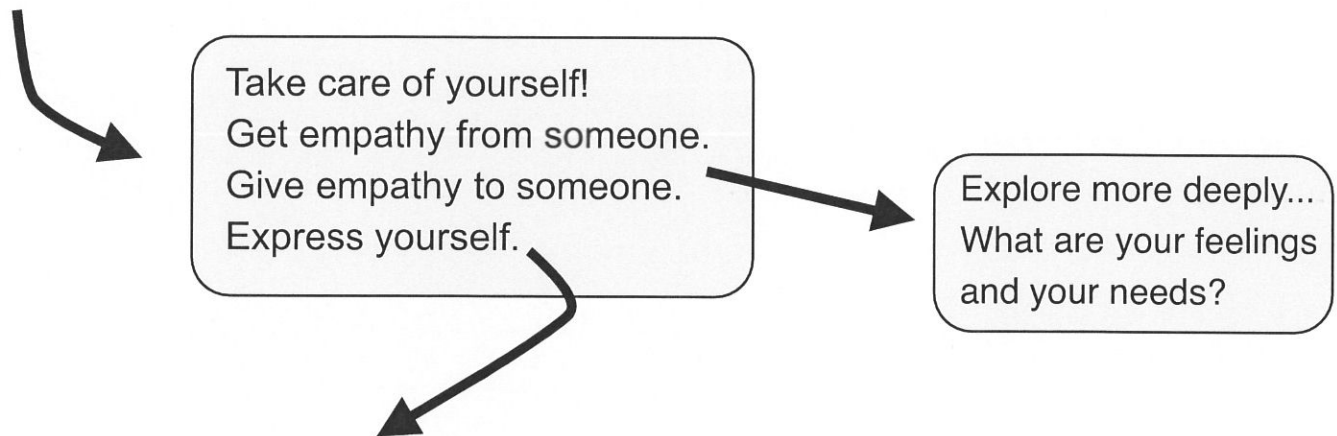
Check in with yourself any time you need:

What happened today that you enjoyed or that was challenging?

What do you feel now remembering that?
(body sensations, emotions...)

What are you needing now?

Then, remember you have choices:



Take care of yourself!
Get empathy from someone.
Give empathy to someone.
Express yourself.

Explore more deeply...
What are your feelings
and your needs?

Use your own words:

What did you see?
What did you feel? (optional)
What do you need or value?

Connect:

What's that like to hear?
What's going on for you now?