

## Annex III. List of feelings and needs

### How do I feel when my needs are met?

Adventurous	Free	Peaceful
Alive	Friendly	Proud
Astonished	Fulfilled	Quiet
Calm	Glad	Relaxes
Cheerful	Grateful	Satisfied
Comfortable	Helpful	Secure
Curious	Hopeful	Sensitive
Delighted	Inspired	Stimulated
Encouraged	Interested	Surprised
Energetic	Joyful	Trusting
Enthusiastic	Optimistic	Upbeat
Excited	Overwhelmed	Warm

Retrieved from [WELCOMM](#)

Originally taken from Nonviolent Communication, A Language of Life by Marshall B. Rosenberg

### How do I feel when my needs are not met?

Afraid	Embarrassed	Nervous
Angry	Exhausted	Pessimistic
Annoyed	Frightened	Sad
Anxious	Guilty	Shocked
Ashamed	Helpless	Sceptical
Bored	Hesitant	Sleepy
Confused	Hostile	Suspicious
Depressed	Impatient	Terrified
Detached	Jealous	Tired
Disappointed	Lazy	Uncomfortable
Discouraged	Lonely	Upset
Disgusted	Mean	Worried

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### Basic needs

#### Autonomy:

Choosing dreams/objectives/values  
Planning for fulfilling dreams, objectives, values

#### Celebration:

Celebrating the creation of life, the achievement of objectives/ dreams fulfilled, losses (mourning)

#### Integrity:

Authenticity, creativity, meaning, self-worth

#### Independence:

Acceptance, appreciation, closeness, community, consideration, contributing to life improvement, emotional safety, honesty, love, reassurance, respect, support, trust, understanding

#### Physical nurturance:

Air, food, movement, protection from life dangers, rest, sexual expression, shelter, water

#### Play:

Fun, laughter

#### Spiritual communion:

Beauty, harmony, inspiration, peace

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