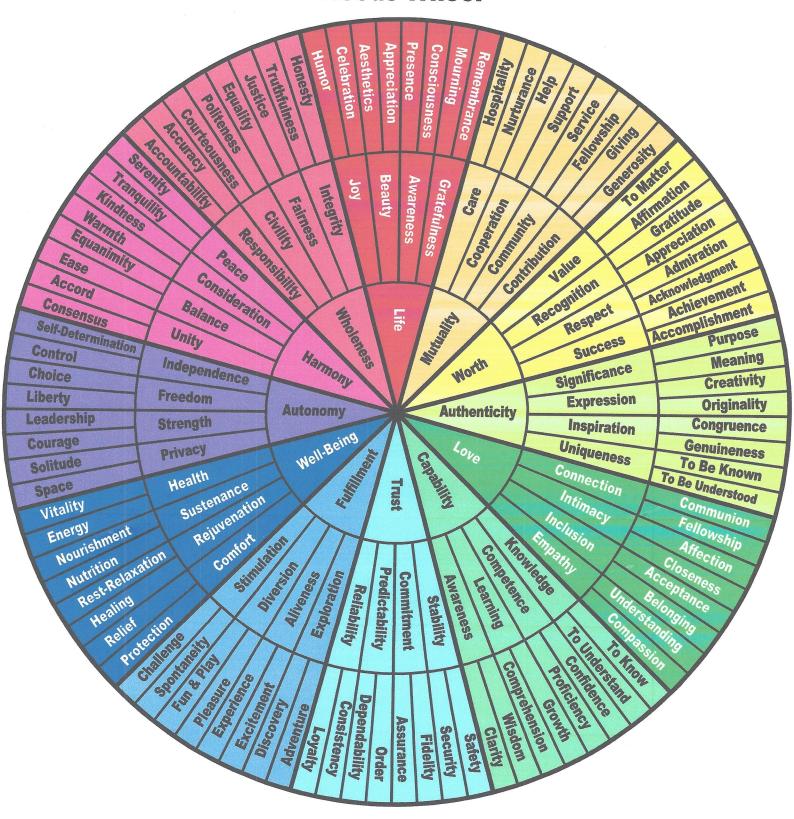
Needs Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication.

Graphics and organization of feelings, needs, and communications wheels by Bret Stein. Submit suggested changes and recommendations to artisantf@hotmail.com Revised 1/1/09

Compassionate Communication: Helping People Connect Compassionately Social Change Workshop

FEELINGS

PEACEFUL

absorbed blissful calm content engrossed expansive serene spacious tranquil

PLAYFUL

alive effervescent energetic exuberant impish invigorated refreshed stimulated zestful

MAD

aggravated agitated angry annoyed bitter enraged exasperated frustrated furious hostile irritated miffed

CONFUSED

apathetic embarrassed hesitant perplexed torn troubled uncomfortable uneasy withdrawn

SAD

despair despondent discouraged distressed gloomy grief heavy hopeless hurt lonely pessimistic troubled vulnerable

GLAD

confident delighted encouraged excited grateful happy hopeful inspired joyful relieved satisfied

LOVING

affectionate appreciative compassionate friendly nurtured/nurturing sensitive tender warm sweet

TIRED

exhausted fatigued fidgety indifferent lethargic listless overwhelmed weary

SCARED

afraid anxious fearful horrified iitterv nervous panicky shocked startled terrified worried

Based on the work of Marshall Rosenberg, PhD

Rodger Sorrow and Anne Walton, www.ChooseConnection.com

Center for Nonviolent Communications