

Empathy: “Do you feel _____ because you need (what’s important to you is, you value,...) _____?”

Honesty: “When I (see, hear, or notice) _____, I feel _____ because I need (because what’s important to me is, because I value) _____.
Would you be willing to _____?”

Feelings				Universal Needs / Values	
Happy Joyful Elated Grateful Appreciative Touched Moved Expansive Eager Giddy Excited Thrilled Pleased Content Satisfied Fulfilled Curious Interested Absorbed Healthy Alive Vigorous	Relieved At ease Mellow Rested Relaxed Friendly Affectionate Loving Passionate Energetic Adventurous Exhilarated Clear headed Alert Focused Calm Peaceful Serene Tranquil Safe Comfortable Secure Confident Empowered Hopeful Heartened Inspired	Worried Apprehensive Scared Panicky Terrified Restless Nervous Anxious Dread Cranky Tense Agitated Stressed Overwhelmed Lonely Vulnerable Hurt Heartbroken Anguish Agony Dejected Despondent Depressed Disconnected Detached Bored Tired Exhausted Burnt Out	Impatient Irritated Frustrated Exasperated Resentful Defensive Angry Furious Disappointed Discouraged Disheartened Concerned Alarmed Shocked Disturbed Appalled Horrified Sad Teary Tender Grief stricken Regretful Sullen Downhearted Hopeless Despair Confused Disoriented Torn Ambivalent Jealous Envious Bitter Embarrassed Guilty Shame	Empathy Intimacy Connection Affection Warmth Love Understanding Acceptance Caring Bonding Compassion Communion Spirituality Sexuality Kindness Gentleness Autonomy Agency Choice Freedom Spontaneity Independence Respect Honor Dignity Security Predictability Consistency Stability Trust Reassurance Reliability Community Partnership Family Presence Mutuality Friendship Companionship Support Collaboration Consideration Seen/Heard Acknowledgment Belonging Inclusion Participation Communication	Purpose Meaning Competence Contribution Efficiency Growth Learning Challenge Discovery Inspiration Order Structure Clarity Focus Information Celebration Creativity Appreciation Mourning Aliveness Humor Beauty Play Joy Honesty Communication Integrity Authenticity Wholeness Fairness/Equity Expression Peace Groundedness Hope Healing Harmony Ease/Comfort Completion Nurturing Food/Water Rest/Sleep Safety Health Shelter Movement Touch

This list matches the Feelings and Needs cards which can be purchased on our website or in person.