www	, I feel	because I need (because
"When I ( see, hear, or notice) what's important to me is, because I value)		·?"
Would you be willing to		Needs

Feelings		<u>Feelings</u>		Needs	
<u>i eci</u>	III.Bo			Intimacy	Purpose
Delighted	Relaxed	Scared	*Angry	Empathy	Competence
Joyful	Relieved	Apprehensive	*Furious	Connection	Contribution
Нарру	Rested	Dread	*Rage	Affection	Efficiency
Amused	Mellow	Worried	*Irate	Warmth	Growth
Adventurous	At ease	Panicky	*Resentful	Love	Learning
Blissful	Light	Frightened	Irritated	Understanding	Challenge
Elated		Vulnerable		Acceptance	Discovery
Diates		Defensive	Frustrated	Caring	
Thankful	Content	Nervous	Disappointed	Bonding	Order
Appreciative	Cheerful	Anxious	Discouraged	Compassion	Structure
Moved	Glad	Restless	Disheartened	Communion	Clarity
Touched	Comfortable	Jittery	Impatient		Focus
Tender	Pleased			Spirituality	Information
	1 Touber	Tense	Shocked	Sexuality	Imomation
Expansive Grateful	Friendly	Cranky	Disturbed		Celebration
Grateiui	Affectionate	Stiff	Stunned	Autonomy	Mourning
Di4-d	Loving	Stressed	Alarmed	Choice	Aliveness
Excited	Passionate	Overwhelmed	l Appalled	Freedom	에서 기록하기 하다.[1] [245] ([10 - 10 ] 425] [1 - 1
Enthusiastic	Passionate	Agitated	Concerned	Spontaneity	Humor
Overjoyed	T -4:	Aggravated	Horrified	Independence	Beauty
Fervent	Energetic	Aggiavated	Homas	Respect	Play
Giddy	Exhilarated	TT4	Sad	Honor	Joy
Eager	Exuberant	Hurt	Grief		
Ecstatic	Vigorous	Pain		Security	
Thrilled		Agony	Despair	Predictability	Honesty
	Alert	Anguish	Regretful	Consistency	Integrity
Satisfied	Focused	Heartbroken	Sullen	Stability	Authenticity
Fulfilled	Awake	Lonely	Downhearted		Wholeness
Gratified	Clearheaded		Hopeless	Trust	Fairness
		*Depressed	Torn	Reassurance	
Interested	Peaceful		l Ambivalent		Expression
Curious	Tranquil	Detached	Confused	Partnership	Creativity
Absorbed	Serene	Despondent	Puzzled	Family	
Ausorbeu	Calm	Dejected		Mutuality	Peace
TT 1.1	Callii	Bored	Jealous	Friendship	Groundedness
Healthy	G 61 4	Boica	Envious	Companionship	Hope
Empowered	Confident	- T		Support	Healing
Alive	Secure	Tired	*Bitter	Collaboration	Harmony
Robust	Safe	Burnt Out			Ease /Comfort
	Hopeful	Exhausted ·	Embarrassed	Consideration	
		Lethargic	*Ashamed	Seen/heard	Nurturing
			Contrite	Acknowldgmn	
			*Guilty	Belonging	Rest/Sleep
				Community	Safety / Health
*These are	alarm feelings le	tting you know th	nat your thoughts contain	Appreciation	Shelter
			nected from needs.	rippicolation	

judgments and "shoulds" and you are disconnected from needs.
\*\*Bolded words are a part of the list and not just headings.

## Clarifying the Unmet Need

Observation/Stimulus (must be quantifiable)	Narrative (what my brain tells me the stimulus means.)	Emotion (prompted by	Unmet Need(s)	Request (How can I, or someone
Example: She did not say anything when I described my new business idea!	She was ignoring me. She doesn't believe in me, she thinks I'll fail. She's right. I'm a loser and a failure.	the narrative) Anger, frustration, Sadness, fear, exhaustion	Connection Trust, Support affection	else, better meet that need?)  Ask her to recap what I said
		## 3.5	l et E	