



Educational leaflet · 03

Feelings and needs in NVC

Nonviolent Communication (NVC) teaches that behind every feeling there is a need. Pleasant feelings tell us that our needs are met, and difficult ones that some need is waiting for attention. Naming the feeling and the need is the first step to caring for yourself.

Feelings when needs are met

carefree bliss curiosity warmth tenderness pride
excitement ecstasy energy enthusiasm euphoria
fascination eagerness gentleness hope dazzlement
openness liveliness self-confidence a sense of safety
encouragement exhilaration peace solace being moved
radiance friendliness pleasure joy amusement delight
relaxation freshness satisfaction warmheartedness
fulfilment calm ease boldness care relief elation
rapture gratitude cheerfulness sensitivity compassion
stillness anticipation comfort effusiveness absorption
engagement awe contentment astonishment inspiration
interest intrigue surprise trust amazement kindness
exuberance

Feelings when needs are not met

apathy helplessness powerlessness timidity pain
coldness unsteadiness suffering desperation disorientation
discomfort distance frustration fury wrath dread
irritation consternation dismissiveness fear glumness
melancholy vengefulness reluctance disbelief uncertainty
unease distaste instability misery boredom
apprehension indifference disgust indignation detachment
revulsion numbness intimidation loneliness stupefaction
listlessness wariness torpor panic a sense of being wronged
suspicion meanness edginess annoyance contempt
defeat terror dejection downheartedness despondency
overwhelm emptiness disappointment irritability bitterness
being incensed distractedness despair being shaken
aloneness scepticism self-consciousness remorse sadness
fluster tension being startled fright distress stress
frenzy shock longing torment humiliation resentment
vulnerability hostility loathing being stunned shame
rage exhaustion being thrown off balance agitation
feeling lost discomfiture breakdown withdrawal concern
alarm envy letdown jealousy embarrassment
being appalled displeasure disheartenment a broken heart
anger worry tiredness confusion discouragement
impatience weariness hurt grumpiness doubt regret
mourning sorrow

WWW.ZEUSREHAB.COM
TEL. +48 537 677 773

The four steps of nonviolent communication

1 · Observation

Describe the facts without judgement or interpretation, what exactly happened.

2 · Feeling

Name what you feel in relation to this situation.

3 · Need

Recognise the need that lies beneath this feeling.

4 · Request

Express a specific, doable request to yourself or to others.

Example: "When I was left alone in my room (observation), I felt anxious (feeling), because I need connection and support (need). I would be glad to talk with someone from the group at dinner (request)."

Notice the feeling

Pause and name what you feel right now, without judging.

Discover the need

Ask: what need lies beneath this feeling?

Tend to it

Think of a small step or request that will care for that need.

Adapted from 'Nonviolent Communication' by M.B. Rosenberg and the work of Sarah Peyton.



Educational leaflet · 03b

A list of needs

Behind every feeling there is a need. The groups below help you name what your body, heart and mind are asking for.

PHYSICAL NEEDS · CARING FOR THE BODY AND PHYSICAL STRENGTH

physical safety touch rest air food movement
shelter water expressing your sexuality

CONNECTION WITH THE WORLD · SPIRITUAL COMMUNITY

harmony contact with nature inspiration peace beauty
order and orderliness

AUTONOMY

independence space spontaneity freedom choice

JOY OF LIFE

physical wellbeing emotional wellbeing humour inspiration
comfort ease hope simplicity adventure variety
stimulation coziness play

CONNECTION WITH OTHERS · INTERDEPENDENCE

acceptance emotional safety closeness being known
being seen being taken into account mattering warmth
sharing empathy feedback intimacy connection
love reassurance belonging
contributing to the enrichment of life equal opportunity respect
honesty companionship bonds support shared reality
community interdependence trust
understanding and being understood

CONNECTION WITH YOURSELF · INTEGRITY

authenticity self-expression integrity clarity
unity and wholeness competence creativity
mourning unmet needs achievement self-worth privacy
growth self-acceptance self-development meaning
agency coherence stimulation and excitement self-respect
awareness celebrating met needs learning
having an impact challenge trust

Adapted from 'Nonviolent Communication' by M.B. Rosenberg and the work of Sarah Peyton.

WWW.ZEUSREHAB.COM
TEL. +48 537 677 773