

**PROCESS OF CONNECTIVE COMMUNICATION**

Clearly expressing **my** requests without demanding      Empathically receiving **your** requests without hearing any demand

**1 Observations**

When I see (hear)...      When you see (hear)...

**2 Feelings**

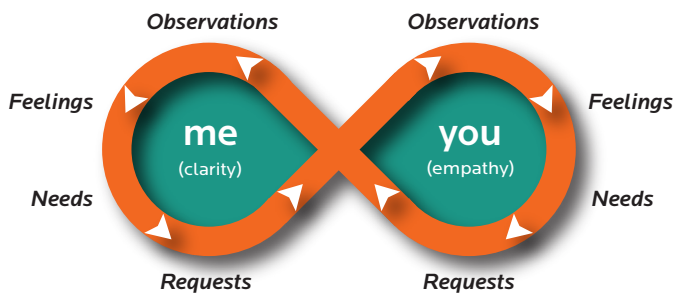
I feel...      Do you feel...

**3 Needs**

Because I am needing...      Because you are needing...

**4 Requests**

Would you be willing to...?      And would you like...?



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**NEEDS INVENTORY**



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**FEELINGS WHEN YOUR NEEDS ARE SATISFIED**

**Affectionate**

Compassionate, loving, open hearted, sympathetic, tender, warm

**Engaged**

Absorbed, alert, curious, fascinated, interested, intrigued, involved, stimulated

**Confident**

Empowered, open, proud, safe, secure

**Peaceful**

Calm, comfortable, centred, content, equanimous, fulfilled, mellow, quiet, relaxed, relieved, satisfied, serene, tranquil

**Grateful**

Appreciative, moved, thankful, touched

**Exhilarated**

Blissful, ecstatic, radiant, thrilled

**Hopeful**

Expectant, encouraged, optimistic

**Joyful**

Amused, delighted, glad, happy, jubilant, pleased

**Refreshed**

Rejuvenated, renewed, rested, restored, revived

**Excited**

Amazed, animated, aroused, astonished, eager, energetic, enthusiastic, lively, passionate, surprised, vibrant

**Inspired**

Amazed, awed, wonder

**FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED**

**Afraid**

Apprehensive, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, worried

**Uneasy**

Agitated, alarmed, disturbed, restless, shocked, startled, surprised, troubled, turbulent, uncomfortable, upset

**Aversion**

Animosity, contempt, disgusted, dislike, hate, horrified, hostile

**Confused**

Ambivalent, hesitant, lost, perplexed, puzzled, torn

**Angry**

Enraged, furious, incensed, outraged, resentful

**Embarrassed**

Ashamed, chagrined, guilty, self-conscious

**Annoyed**

Exasperated, frustrated, impatient, irritated

**Detached**

Alienated, apathetic, bored, cold, distant, distracted, indifferent, numb, withdrawn

**Tense**

Anxious, concerned, edgy, irritable, nervous, restless, stressed

**Pain**

Devastated, grief, heartbroken, hurt, lonely, miserable, regretful

**Fatigue**

Beat, depleted, exhausted, sleepy, tired, worn out

**Vulnerable**

Fragile, helpless, insecure, sensitive, shaky

**Sad**

Depressed, despair, disappointed, discouraged, disheartened, hopeless, melancholy, unhappy

**Yearning**

Envious, jealous, nostalgic

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