

I feel... (Have students circle all those that apply; then have them narrow choices down to their top three to zero in on feelings.)

<u>POSITIVE</u>	<u>NEGATIVE</u>
Appreciated	Abandoned
Accepted	Angry
Admired	Afraid
Confident	Alienated
Calm	Alone
Content	Annoyed
Comfortable	Anxious
Cared about	Antagonistic
Caring	Arrogant
Excited	Ashamed
Ecstatic	Bad
Elated	Belittled
Encouraged	Bitter
Enthusiastic	Bored
Excited	Bothered
Fortunate	Cautious
Grateful	Confused
Hopeful	Controlled
Important	Cynical/skeptical
Included	Defeated
Inspired	Degraded
Interested	Dejected
Needed	Depressed
Optimistic	Desperate
Patient	Disappointed
Peaceful	Discouraged
Pleased	Disgusted
Powerful	Disliked
Proud	Dissatisfied
Relaxed	Disturbed
Respected	Embarrassed
Safe	Emotional
Supported	Frantic
Surprised	Frustrated
Thankful	Furious
Understood	Guilty
Worthy	Helpless
	Lonely
	Manipulated
	Resentful
	Sad
	Self-conscious
	Shocked
	Trapped
	Used
	Worthless

Needs...

(Have students circle all those that apply; then have them narrow choices down to their top three to zero in on needs.)

Acceptance	Appreciation	Authenticity
Autonomy	Awareness	Beauty
Celebration	Challenge	Clarity
Community	Connection	Consideration
Contribution	Cooperation	Creativity
Effectiveness	Empathy	Enjoyment
Equality	Exploration	Freedom
Growth	Harmony	Honesty
Humor	Imagination	Inclusion
Inspiration	Integrity	Joy
Kindness	Learning	Love
Meaning	Movement	Order/Chaos
Participation	Peace	Play
Presence	Protection	Respect
Rest	Safety & Health	Self-Expression
Spontaneity	Support	Touch
Trust	Truth	Understanding

Adapted from the work of Marshall Rosenberg ~ Nonviolent Communication

Maslow's Hierarchy of needs...

