

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