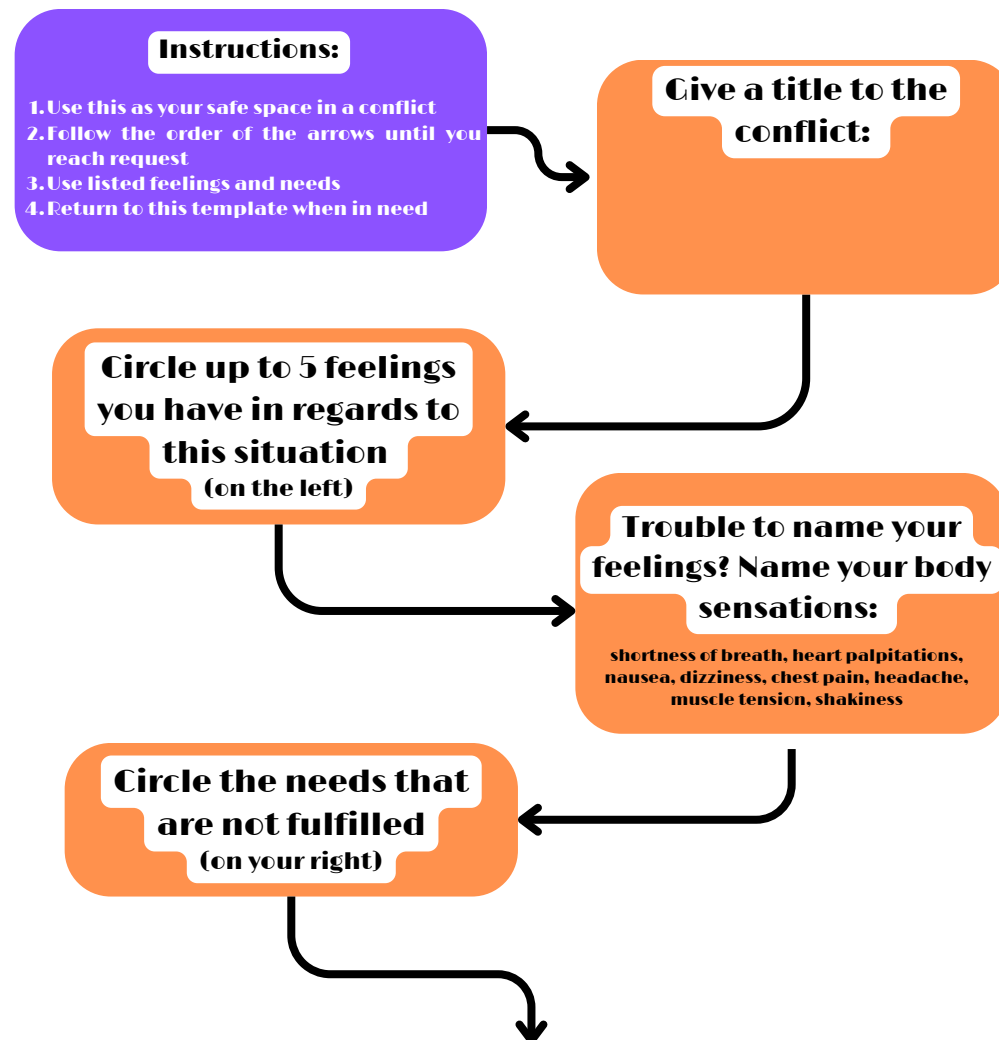


FEELINGS

Angry
 Confused
 Loving
 Frustrated
 Irritated
 Engaged
 Curious
 Uncomfortable
 Overwhelmed
 Hopeful
 Encouraged
 Lonely
 Confident
 Empowered
 Safe
 Nervous
 Sad
 Enthusiastic
 Anxious
 Grateful
 Thankful
 Inspired
 Disappointed
 Joyful
 Impatient
 Peaceful
 Calm
 Puzzled
 Comfortable
 Refreshed



Request: time to name the action that will fulfill your need

When stating your needs remember about emphasising your emotions and feelings as well. To form a comprehensive request you can start with:

How do you feel about ...

Would you be willing to...

I would like you to...

Acceptance
 Affection
 Appreciation
 Belonging
 Compassion
 Communication
 Closeness
 Community
 Empathy
 Intimacy
 Love
 Respect
 Safety
 Support
 Trust
 Authenticity
 Integrity
 Presence
 Play
 Joy
 Humor
 Peace
 Beauty
 Harmony
 Inspiration
 Choice
 Freedom
 Independence
 Purpose
 Understanding

NEEDS