

The Nonviolent Requests Guide

Feelings *negative feelings when your needs are not satisfied*

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried	CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn	EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched
ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked	DISCONNECTED alienated aloof apathetic bored cold detached indifferent numb removed uninterested withdrawn	TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out	VULNERABLE fragile guarded helpless insecure leery reserved sensitive
ANGRY enraged furious incensed indignant irate livid outraged resentful	DISQUIET agitated alarmed disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset	PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful	YEARNING envious jealous longing nostalgic pining wistful
AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed		FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out	

When you

OBSERVATION

I feel

FEELING

My need is

NEED

Would you please

REQUEST

?

Needs

CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support to know and be known to see and be seen to understand trust warmth	PHYSICAL WELL-BEING air food movement/ exercise rest/sleep safety shelter touch water	AUTONOMY choice freedom independence space spontaneity
	HONESTY authenticity integrity presence	MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding
	PLAY joy humor	
	PEACE beauty communication ease equality harmony inspiration order	