

Nonviolent Communication according to Dr. Marshall Rosenberg in Business-Settings:

When needs are not being fulfilled we are likely to feel...



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afraid	exhausted	pessimistic
angry	fidgety	reflective
annoyed	frustrated	skeptical
anxious	helpless	suspicious
bitter	hesitant	tired
concerned	indifferent	torn
confused	irritated	troubled
disappointed	mad	uncomfortable
discouraged	nervous	uneasy
embarrassed	overwhelmed	withdrawn
	perplexed	worried

When needs are being fulfilled we are likely to feel...



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adventurous	encouraged	playful
alert	energetic	proud
appreciative	enthusiastic	refreshed
calm	excited	relaxed
clear	glad	relieved
compassionate	grateful	satisfied
confident	happy	sensitive
content	hopeful	stimulated
delighted	inspired	strong
eager	joyful	thankful
	optimistic	touched

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Needs

	Connection	Honesty	Participation	Reliability
Acceptance	Consideration	Humor	Passion	Respect
Appreciation	Contribution	Independence	Peace	Rest
Authenticity	Cooperation	Information	Play	Safety
Autonomy	Creativity	Inspiration	Pleasure	Security
Being heard	Delight	Integrity	Predictability	Solitude
Being seen	Development	Mastery	Productivity	Support
Choice	Ease	Meaning	Reciprocity	Thinking
Clarity	Efficacy	Mutuality	Recognition	Trust
Collaboration	Freedom	Order	Recreation	Understanding
Communication	Harmony	Orientation	Reflecting	