

# FIND PEACE

*Be awesome*

**Observation** – what happened?  
What would a video camera see and hear?

**Feelings** – what is going on in my body?

**Needs** – What met or unmet needs led to those feelings? What am I truly longing for?

Spent 2-5 mins meditating on what would it look & feel like to have that need(s) fully (or even partially!) met

**Request** – Have I created connection?  
How might I begin to meet those needs?

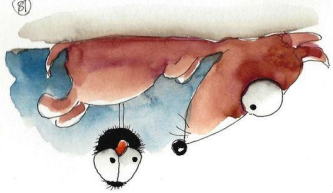


Image by IncaStewart@AllRightsReserved

## FEELINGS



### AFFECTIONATE

Compassionate  
Friendly  
Loving  
Open hearted  
Sympathetic  
Tender  
Warm

Involved  
Spellbound  
Stimulated

### INSPIRED

Amazed  
Awed  
Wonder

### CONFIDENT

Empowered  
Open  
Proud  
Safe  
Secure

### EXCITED

Animated  
Ardent  
Aroused  
Astonished

### ENGAGED

Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced  
Fascinated  
Interested  
Intrigued

Dazzled  
Eager  
Energetic  
Enthusiastic  
Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Vibrant

## EXHILARATED

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

### GRATEFUL

Appreciative  
Moved  
Thankful  
Touched

### HOPEFUL

Expectant  
Encouraged  
Optimistic

### JOYFUL

Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled



## PEACEFUL

Calm  
Clear headed  
Comfortable  
Centred  
Content  
Equanimous  
Fulfilled  
Mellow  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting

### REFRESHED

Enlivened  
Rejuvenated  
Renewed  
Rested  
Restored  
Revived

### AFRAID

Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried  
Concern

### ANNOYED

Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irked



## ANGRY

Enraged  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

### AVERSION

Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrificed  
Hostile  
Repulsed

### CONFUSED

Ambivalent  
Baffled  
Bewildered  
Dazed  
Hesitant  
Lost

Mystified  
Perplexed  
Puzzled  
Torn

### DIS-CONNECTED

Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Indifferent  
Numb  
Removed  
Uninterested  
Withdrawn

### DISQUIET

Agitated  
Alarmed  
Discombobulated  
Disconcerted  
Disturbed  
Perturbed

Rattled  
Restless  
Shocked  
Startled

### SURPRISED

Troubled  
Turbulent  
Turmoil  
Uncomfortable  
Uneasy  
Unnerved  
Unsettled  
Upset

### EMBARRASSED

Ashamed  
Chagrined  
Flustered  
Mortified  
Self-conscious

### FATIGUE

Beat  
Burnt out  
Depleted  
Exhausted  
Lethargic  
Listless

Sleepy  
Tired  
Wearry  
Worn out

### PAIN

Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely

### SAD

Depressed  
Dejected  
Despair

Despondent  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Gloomy

Heavy hearted  
Hopeless  
Melancholy  
Unhappy  
Wretched

### TENSE

Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed out

## VULNERABLE

Fragile  
Guarded  
Helpless  
Insecure  
Leery  
Reserved  
Sensitive  
Shaky

### YEARNING

Envious  
Jealous  
Longing  
Nostalgic  
Pining  
Wistful

**Murky Feelings muddled with thoughts – look deeper**

Anger  
Depression  
Anxiety  
Shame  
Guilt

**FAUX feelings (victim thoughts)**

Abandoned  
Abused  
Attacked  
Betrayed  
Bullied  
Intimidated  
Manipulated  
Neglected  
Rejected  
Used  
...~ed  
Fine & OK



Based on Nonviolent Communication by Marshall Rosenberg

Try out my free interactive version at <https://makinglifeforewonderful.com.au/find-peace>

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- Get empathy from a friend, if still triggered?
- Ask other person about your guesses for them, tell them what's going on for you, then find clear and do-able strategies to meet both sets of needs?
- Find other (better) ways to meet those needs?

### 3. What do I want to do now?

Do OFNR for the other person.

### 2. Make guesses for other

Do OFNR on first page for self

### 1. Connect with yourself first

*Aim to UNDERSTAND & CONNECT, not FIX*



**Peace**  
Beauty  
Ease  
Equality  
Harmony  
Inspiration  
Order  
**Physical**  
Air/Sun/Food/Water  
Health  
Movement  
Rest/sleep  
Shelter  
Touch  
Connect to body  
**Meaning**  
Awareness  
Celebration  
Independence  
Initiative  
Presence  
Space  
Spontaneity  
Time  
Consciousness



**NEEDS**  
Interdependence  
Acceptance  
Affection  
Appreciation  
Belonging  
Care  
Communication  
Connection  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Empathy – be seen, heard, understood  
Friendship  
Inclusion  
Intimacy  
Sexual expression  
Love  
Mutuality/Teamwork  
Shared world view  
Participation  
Nurturing  
Stimulation  
Respect  
Warmth  
**Safety**  
Physical safety  
Psychological & emotional safety  
Consistency  
Security  
Stability  
Support  
Reassurance  
Trust  
**Honesty**  
Authenticity  
Integrity  
Self-expression  
**Rest and Play**  
Enjoyment  
Fun  
Joy  
Humour  
Relaxation  
Restoration  
Connection to spirit/earth