

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?

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



Image by lucastewart@altrightreservd

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
Horried
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Withdrawn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
Miserable
Regretful
Remorseful

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

Inhibitory or avoidant feelings – look deeper

Anger
Depression
Anxiety
Shame
Guilt

FAUX feelings (actually thoughts)

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



Based on Nonviolent Communication by Marshall Rosenberg

Online version at findpeace.com.au

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Aim to UNDERSTAND & CONNECT, not FIX

Self-care	Self-connection	Self-knowledge	Self-realization	Integration	Purpose
Community	Belonging	Communication	Cooperation	Equality	Mattering to myself
Meaning	Sense of self	Authenticity	Competence	Connection to body	Connection to nature
Transcendence	Clarity	Beauty	Celebration of life	Connection of life	Community
Observation	Feelings	Needs	Request	How might I begin to meet those needs?	

