

# The Nonviolent Requests Guide

Feelings *negative feelings when your needs are not satisfied*

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withdrawn   | 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

When you

OBSERVATION

I feel

FEELING

My need is

NEED

Would you please

REQUEST ?

Needs

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