WHAT AM I FEELING?
WHAT DO I NEED?

FEELINGS WHEN THINGS ARE GOING WELL:

confident, affectionate, happy, peaceful, inspired, joyful, excited, engaged, hopeful, exhilarated refreshed,

circle above or add your own:

FEELINGS WHEN THINGS ARE GOING POORLY:

afraid, tense, embarrassed, confused, disconnected, vulnerable, pained, angry, agitated, aversion, sad, yearning

circle above or add your own:

UNIVERSAL NEEDS:

connection, physical well being (water, movement, rest, etc), peace, play, honesty, meaning, autonomy

circle above or add your own:

WHAT ARE SOME STRATEGIES TO MEET THESE NEEDS?

Informed and inspired by Nonviolent Communication, founded by Marshall Rosenberg.
For more visit: **https://www.cnvc.org/training/resource/feelings-inventory** and **https://www.cnvc.org/training/resource/needs-inventory**

grounded here
COLLECTIVE WELLNESS FEARLESS SELF-LOVE