

Feelings & Needs Companion

A practical guide to connecting with what matters



"Had we been raised speaking a language that facilitated the expression of compassion, we would have learned to articulate our needs and values directly..."

Dr Marshall B. Rosenberg

NVC MATTERS UK CIC, 2026

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Feelings When Needs Are Met

Peace & Ease

calm
peaceful
relaxed
relieved
safe
secure

Joy & Enjoyment

amused
excited
happy

Connection & Warmth

connected
grateful
moved
tender
touched

Confidence & Empowerment

confident
hopeful
satisfied

Energy & Engagement

eager
energetic
engaged
inspired
passionate

Curiosity & Wonder

awed
curious
surprised

In Nonviolent Communication, there is no single official way to categorise feelings and needs. Neither are the lists by any means exhaustive or definitive. This resource is offered as a guide to support you finding words for what is alive in you and guessing what is alive in others.

We hope you find it of benefit. NVC Matters UK aims to spread the teachings of compassion based on Dr. Marshall Rosenberg's life's work. We hope you are as inspired to pass it on as we are. You are free to share or copy this resource, we only request NVC Matters UK to be credited.

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Feelings When Needs Are Unmet

Fear & Insecurity

afraid
anxious
apprehensive
concerned
insecure
nervous
scared
uneasy
unsettled
vulnerable
worried

Anger & Frustration

angry
frustrated
furious
impatient
irritated
upset

Sadness & Loss

disappointed
disheartened
grief
hopeless
hurt
lonely
sad

Confusion & Uncertainty

ambivalent
confused
lost
torn

Disconnection & Low Energy

bored
numb

Overwhelm & Stress

overwhelmed
stressed
tense
troubled
uncomfortable
weary

Shock & Disturbance

disturbed
embarrassed
guilt
helplessness
powerless
shocked
shame & self-consciousness

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Universal Needs

Connection,
Belonging &
Relationship

acceptance
acknowledgement
appreciation
belonging
companionship
connection
community
consideration
compassion
empathy
inclusion
intimacy
love
mutuality
respect
trust
understanding
warmth
to be heard
to be seen
to matter
shared reality
harmony

Autonomy,
Freedom
& Agency

authenticity
autonomy
choice
freedom
honesty
independence
integrity
privacy
self-expression
space

Growth,
Learning &
Realization

clarity
competence
contribution
creativity
effectiveness
growth
learning
meaning
purpose
self-expression

Physical
Well-being & Rest

air
ease
food
health
relaxation
rest
self-care
water

Safety & Stability

balance
clarity
order
peace
reassurance
safety
stability
structure
support
trust

Play & Celebration

beauty
celebration
fun & play
humour
joy
relaxation

Emotional
Processing &
Integration

acknowledgement
acceptance
being heard
being seen
compassion
empathy
mourning
understanding

Participation,
Collaboration
& Community
Functioning

collaboration
community
consideration
contribution
cooperation
effectiveness
inclusion
mutuality
shared reality

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REFLECTION PAGE

What is alive in me right now?

1. What am I telling myself about what happened?

→ my evaluation and story about what happened"

2. What am I observing (without interpretation or judgment)?

→ What actually happened?

3. What am I feeling in relation to this?

→ What emotions are alive in me right now?

4. What do I need (or value) underneath this feeling?

→ Which needs are met or unmet?

5. What would I like to request (of myself or others) to support life?

→ What concrete action could move things forward?

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