

*****From Non-Violent Communication, by Marshall Rosenberg***

Words that encourage victimization and are *best avoided*

Abandoned	Distrusted	Put down
Abused	Interrupted	Rejected
Attacked	Intimidated	Taken for granted
Betrayed	Let down	Threatened
Boxed-in	Manipulated	Unappreciated
Bullied	Misunderstood	Unheard
Cheated	Neglected	Unseen
Coerced	Overworked	Unsupported
Co-opted	Patronized	Unwanted
Cornered	Pressured	Used
Diminished	Provoked	

Words that express how we feel when our needs are NOT being met

Afraid	Frightened	Lonely	Resentful
Anxious	Frustrated	Lost	Restless
Bitter	Gloomy	Miserable	Skeptical
Blah	Guilty	Meaningless	Sorry
Chagrined	Helpless	Nervous	Terrified
Confused	Hurt	Nauseated	Tired
Detached	Irritable	Overwhelmed	Uneasy
Discouraged	Invisible	Panicky	Unhappy
Embarrassed	Jealous	Pessimistic	Vexed
Empty	Jittery		Withdrawn

Words that express how we feel when our needs ARE being met

Awesome	Joyful	Radiant
Bright	Keyed-up	Secure
Carefree	Loving	Thankful
Delightful	Mellow	Upbeat
Enthusiastic	Nice	Vivacious
Fabulous	Optimistic	Warm
Glowing	Peaceful	Yummy
Hopeful	Quiet	Zestful
Invigorated		