



Pause!

BREATHE

Me > **You** > **Us**

What Am I
Feeling &
Needing?

What Is going on?
What happened?
What do you need?

Will you please...
(focus on mutual objectives)

Some Feelings When Needs Are Fulfilled -- Amazed, Comfortable, Confident, Eager, Energetic, Fulfilled, Glad, Hopeful, Inspired, Intrigued, Joyous, Moved, Optimistic, Proud, Relieved, Stimulated, Surprised, Thankful, Touched, Trustful.

Some Feelings When Needs Are Not Fulfilled -- Angry, Annoyed, Concerned, Confused, Disappointed, Discouraged, Distressed, Embarrassed, Frustrated, Helpless, Hopeless, Impatient, Irritated, Lonely, Nervous, Overwhelmed, Puzzled, Reluctant, Sad, Uncomfortable.

Autonomy -- Choosing and planning for dreams/goals/values. **Celebration &**

Mourning -- Celebrating the creation of life and dreams fulfilled, Mourning losses (loved ones, dreams, etc.). **Integrity** -- Authenticity, Creativity, Meaning, Self Worth.

Interdependence -- Acceptance, Appreciation, Closeness, Community, Consideration, Contribution to the enrichment of life, Emotional Safety, Empathy, Honesty, Love, Reassurance, Respect, Support, Trust, Understanding. **Physical Well-Being** -- Air, Food, Movement, Exercise, Protection from threats to life, Rest, Sexual Expression, Shelter, Touch, Water. **Play** — Fun, Laughter. **Meaning** — Awareness, Challenge, Clarity, Consciousness, Creativity, Discovery, Efficacy, Effectiveness, Growth, Inspiration, Hope, Harmony, Learning, Order, Peace, Purpose, Self-expression, Stimulation, Significance, Understanding