

Nonviolent communication

compassionate communication

NVC cards



Sociocracy For All

Needs 1/6

acceptance

affection

clarity

communication

confirmation

compassion

intimacy

understanding

Needs 2/6

love

choice

space

sponteneity

beauty

ease

harmony

order

Needs 3/6

order

wholeness

belonging

consideration

community

cooperation

dignity

mutuality

Needs 4/6

support

trust

contribution

creativity

hope

inspiration

purpose

authenticity

Needs 5/6

integrity

effectiveness

efficiency

growth

learning

power

joy

mourning

Needs 6/6

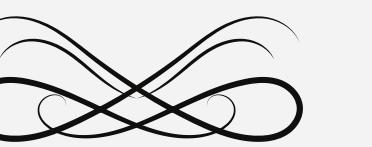
Feelings 1/8



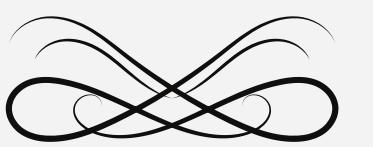
adventurous



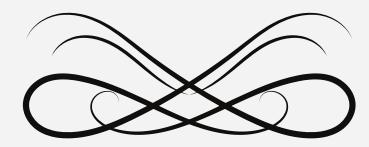
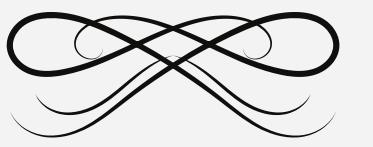
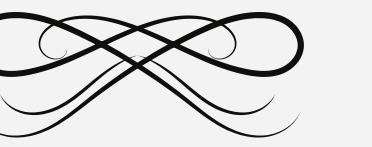
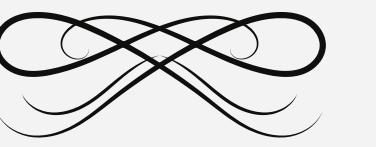
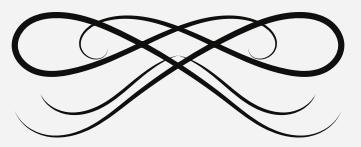
affectionate



alive



calm



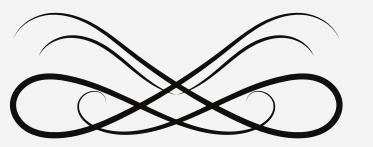
confident



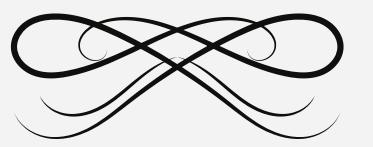
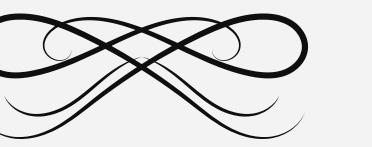
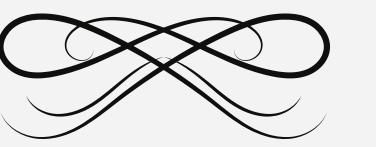
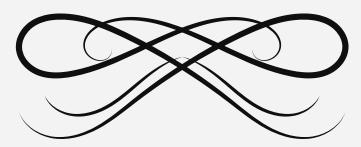
content



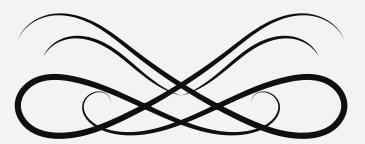
curious



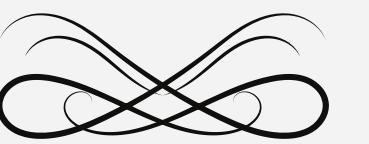
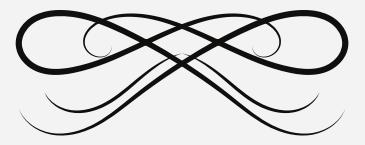
delighted



Feelings 2/8



energetic



engaged



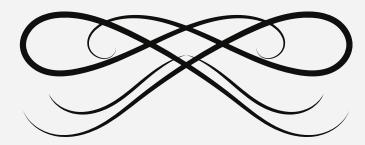
excited



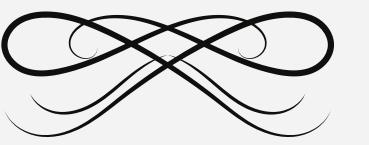
fascinated



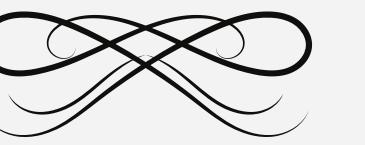
friendly



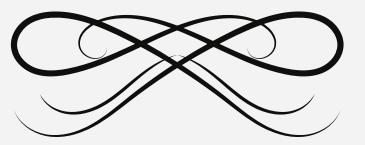
glad



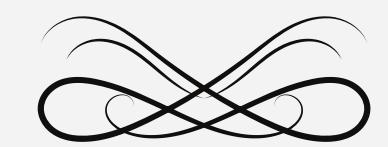
happy



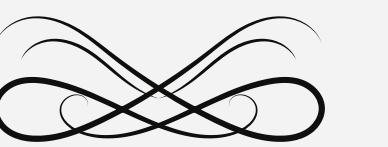
hopeful



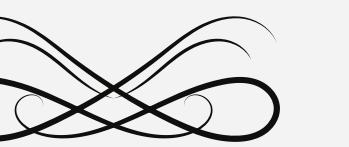
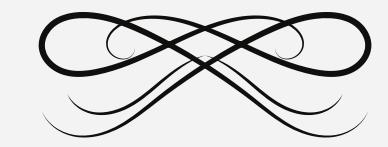
Feelings 3/8



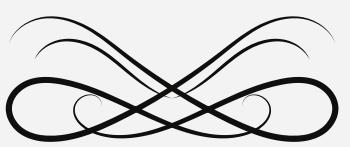
interested



joyful



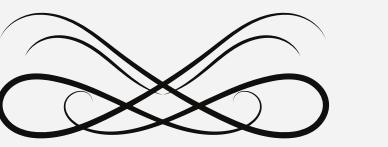
loving



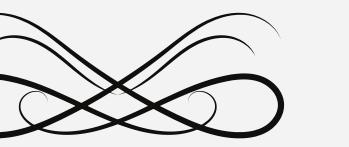
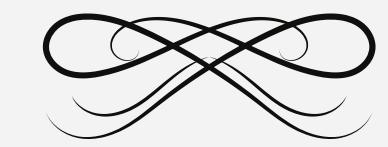
moved



peaceful



playful

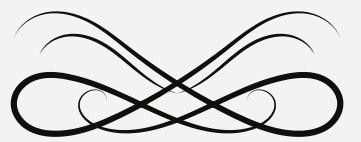


relaxed

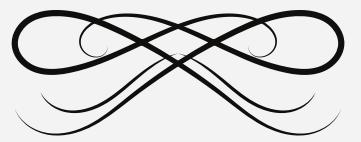


satisfied

Feelings 4/8



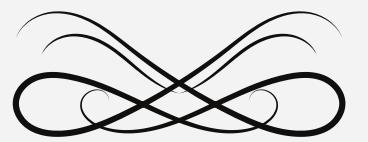
tender



thrilled



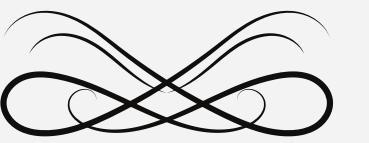
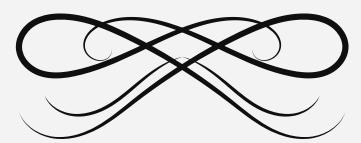
warm



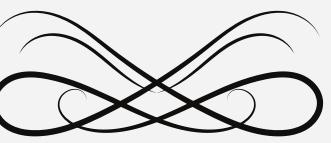
agitated



alarmed



ambivalent

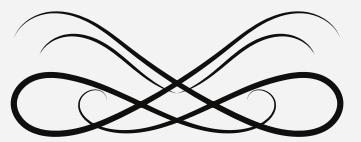


angry

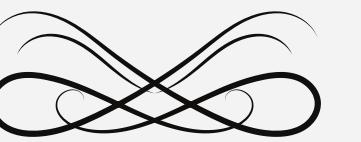


annoyed

Feelings 5/8



angry



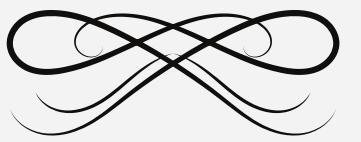
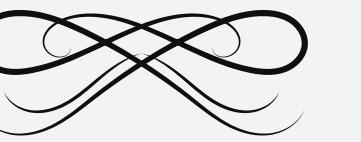
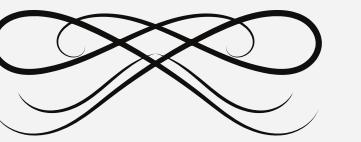
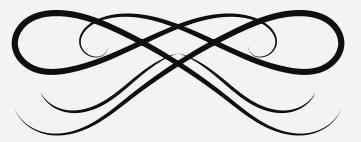
annoyed



anxious



confused



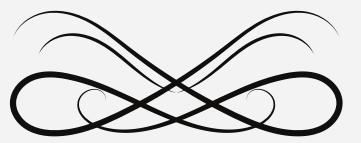
despairing



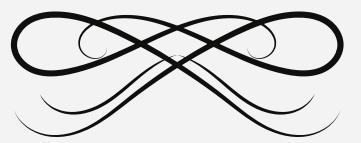
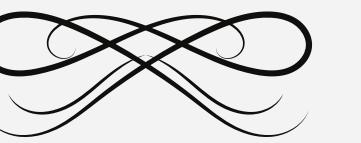
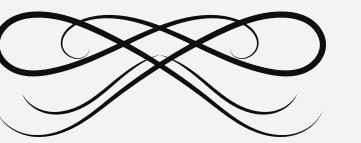
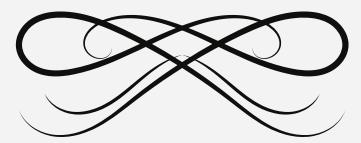
devastated



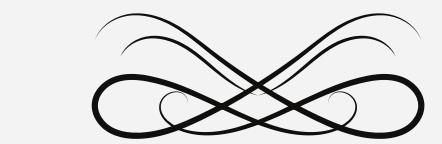
disconnected



discouraged



Feelings 6/8



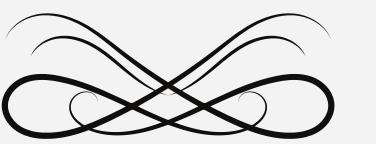
embarrassed



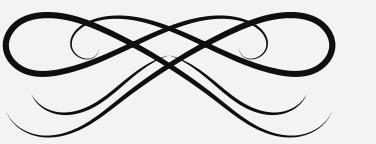
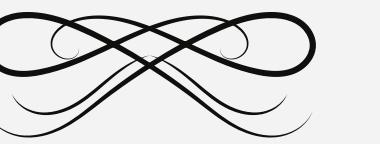
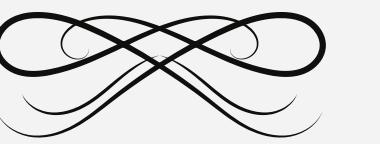
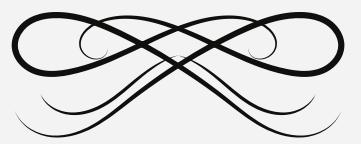
exasperated



flustered



grief



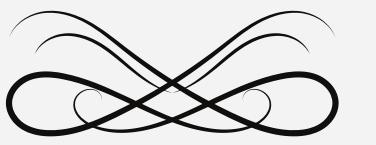
heartbroken



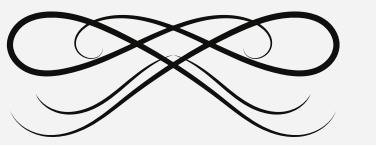
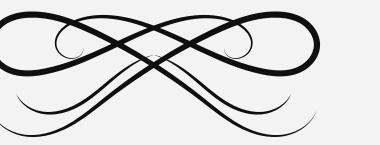
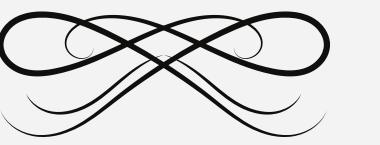
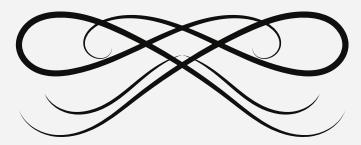
helpless



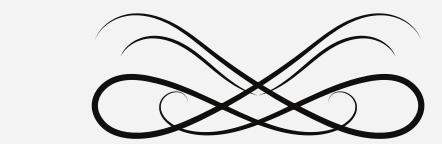
hopeless



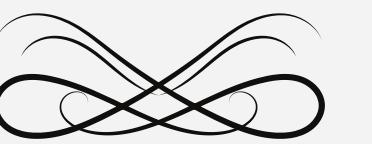
impatient



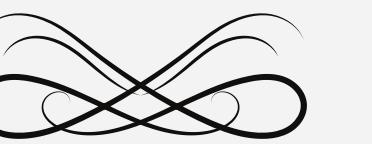
Feelings 7/8



irritated



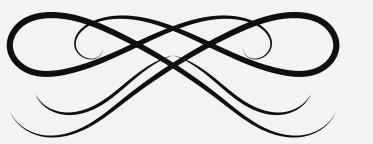
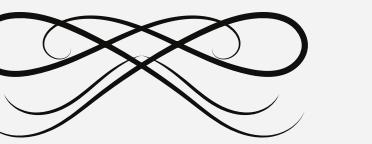
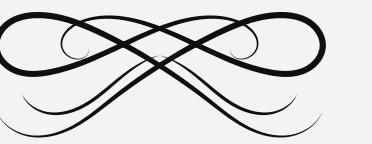
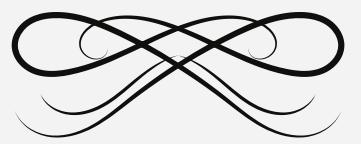
lonely



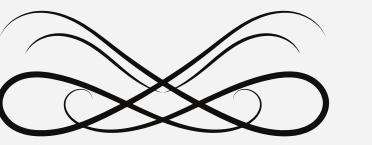
longing



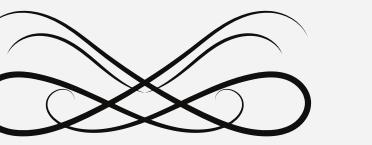
nervous



overwhelmed



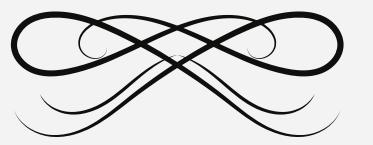
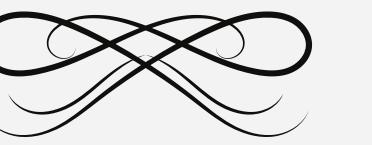
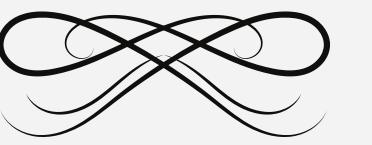
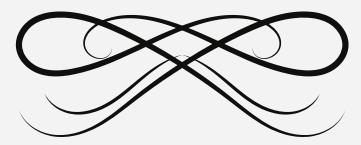
protective



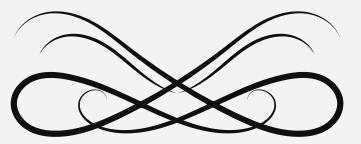
sad



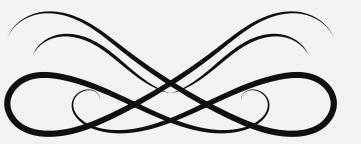
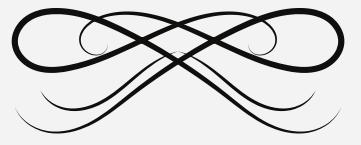
scared



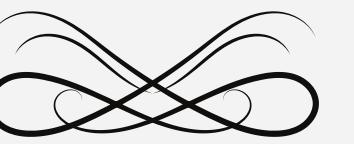
Feelings 8/8



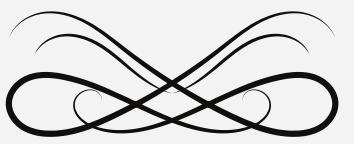
stressed



suspicious



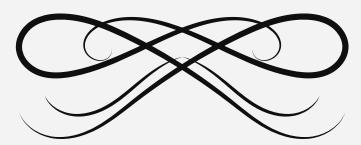
tense



terrified



torn



troubled

