

Empathy: "Do you feel _____ because you need (what's important to you is, you value,...) _____?"

Honesty: "When I (see, hear, or notice) _____, I feel _____ because I need (because what's important to me is, because I value) _____
 Would you be willing to _____?"

Feelings				Universal Needs / Values	
Amused	Relieved	Defensive	Impatient	Empathy	Purpose
Cheerful	Light	Vulnerable	Irritated	Intimacy	Meaning
Happy	At ease	Apprehensive	Frustrated	Connection	Competence
Joyful	Mellow	Scared	Exasperated	Affection	Contribution
Blissful	Rested	Panicky	Resentful	Warmth	Efficiency
Elated	Relaxed	Terrified	Angry	Love	Growth
			Furious	Understanding	Learning
Grateful	Friendly	Worried	Livid	Acceptance	Challenge
Appreciative	Affectionate	Jittery		Caring	Discovery
Touched	Loving	Restless	Disappointed	Bonding	Inspiration
Moved	Passionate	Nervous	Discouraged	Compassion	
Expansive		Anxious	Disheartened	Communion	Order
	Energetic	Dread		Spirituality	Structure
Eager	Adventurous		Concerned	Sexuality	Clarity
Giddy	Exuberant	Cranky	Alarmed	Kindness	Focus
Enthusiastic	Exhilarated	Tense	Stunned	Gentleness	Information
Excited		Agitated	Shocked		
Thrilled	Clear headed	Aggravated	Disturbed	Autonomy	Appreciation
Ecstatic	Awake	Stressed	Appalled	Agency	Celebration
	Alert	Overwhelmed	Horrorified	Choice	Mourning
Pleased	Focused			Freedom	Aliveness
Content		Lonely	Sad	Spontaneity	Humor
Satisfied	Calm	Pain	Teary	Independence	Beauty
Fulfilled	Peaceful	Hurt	Tender	Respect	Play
	Serene	Heartbroken	Grief stricken	Honor	Joy
Curious	Tranquil	Anguish			
Interested		Agony	Torn	Security	Honesty
Absorbed	Safe		Regretful	Predictability	Integrity
Fascinated	Comfortable	Dejected	Sullen	Consistency	Authenticity
	Secure	Despondent	Downhearted	Stability	Wholeness
Healthy	Confident	Depressed	Hopeless	Trust	Fairness/Equity
Alive	Empowered		Despair	Reassurance	Expression
Vigorous		Disconnected		Reliability	Creativity
Robust	Hopeful	Detached	Puzzled		
	Heartened	Bored	Confused	Partnership	Peace
	Inspired		Ambivalent	Family	Groundedness
		Tired		Presence	Hope
		Lethargic	Jealous	Mutuality	Healing
		Exhausted	Envious	Friendship	Harmony
		Burnt Out	Bitter	Companionship	Ease/Comfort
				Support	
			Embarrassed	Collaboration	Nurturing
			Contrite	Consideration	Food/Water
			Guilty	Seen/Heard	Rest/Sleep
			Shame	Acknowledgment	Safety
				Belonging	Health
				Community	Shelter
				Inclusion	Movement
				Participation	Touch