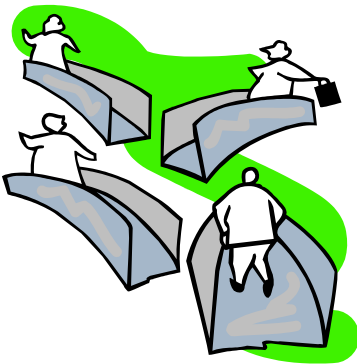


DATE:

Directions: Circle how you feel, as many feelings as you feel, right now. *Remember, your emotions and feelings are *not* who you are. Feelings give you the necessary information to meet your needs. This tool creates an anchor for you to be in the present moment and share your authentic self.



Emotions of Inner Peace - Expand thoughts and increase experiences that engage and amplify these feelings:

Validated	Compassionate	Receptive
Aware	Mentally Fluid & Clear	Realistic
Empathic	Powerful	Grounded
Curious	Trust Higher Power	Optimistic
Connected	Observant	Happy
Respectful	Vigor	Kind
Thrilled	Generous in Spirit	Enthusiastic
Joyful	Emotionally Clear & Current	Open Heart/Vulnerable

Emotions of Internal Challenge and Growth - Opportunities to shift your perspective and attract more of what you need to strengthen who you are (learn & grow).

Confused	Discontent	Anticipatory	Mentally Unclear
Challenged	Energy Surge	Overwhelmed	Courageous
Action Oriented	Determined	Uncomfortable	Invested
Insecure	Open, or Receptive	Distracted	Over Committed
Fearful	Pressure	Contemplative	Exhausted
Striving for Clarity	Emotionally Cleansing	Embracing Resistance	Vulnerable

Emotions Signaling Inner Hurt - Healing, forgiveness, and reconnection needed.

Angry & Hurt	Resentful	Unforgiving	Humiliated
Guilt	Lonely	Disappointed	Controlling
Unresolved	Misunderstood	Sad, Tearful	Manipulated
Mistrusting	Hopeless	Disconnected	Disillusioned
Wounded	Physical Pain	Weighted Down	Inadequate

Emotions Signaling You to Stop - Figure out what is going on (Shame?), respond constructively.

Revengeful	Exhausted	Belligerent	Numb	Unhappy
Fixing Others	Low Energy	Discouraged	Rage	Irritable
Impatient	Impulsive	Powerless	Irresponsible	Out of Control
Malicious	Vindictive	Annoyed	Agitated	Stuck In A Rut
Overly Responsible	Irrational	Suicidal	Over Extended	Under-whelmed

Updates:

Strategic Mentoring Session

Activation Focus: Getting in touch with Universal Human Needs and Feelings

Directions: Highlight or circle the needs being met regularly in Table 1. Use what you have learned about yourself to determine if you are cultivating a deep sense of self-worthiness.

List of Universal Human Needs

CONNECTION	PHYSICAL WELL-BEING	AUTONOMY
Acceptance	Air	Choice
Affection	Food	Freedom
Appreciation	Movement/Exercise	Independence
Belonging	Rest/Sleep	Space
Cooperation	Sexual Expression	Spontaneity
Communication	Safety	
Closeness	Shelter	MEANING
Community	Touch	Awareness
Companionship	Water	Celebration of Life
Compassion		Challenge
Consideration	HONESTY	Clarity
Consistency	Authenticity	Competence
Empathy	Integrity	Consciousness
Inclusion	Presence	Contribution
Intimacy		Creativity
Love	PLAY	Discovery
Mutuality	Joy	Efficacy
Nurturing	Humor	Effectiveness
Respect/Self-Respect		Growth
Safety	PEACE	Hope
Security	Beauty	Learning
Stability	Communion	Mourning
Support	Ease	Participation
To Know and Be Known	Equality	Purpose
To See and Be Seen	Harmony	Self-Expression
To Understand and Be Understood	Inspiration	Stimulation
Trust	Order	To Matter
Warmth		Understanding

Table 1. List of Universal Human Needs are from the Center for Nonviolent Communication and found in *The Designing for Growth Field Book* on pp. 104-105.

Brené Brown discovered through her research in *Rising Strong* (2015) that people who have a strong sense of love and belonging have a deep sense of worthiness. Being aware of your universal needs can inspire you to get your needs met more regularly, primarily when you know getting your needs met regularly promotes a strong sense of love and belonging. In turn, you cultivate a deep sense of worthiness.

Directions: Refer to the list of your needs being met regularly. How do you feel? Use Table 2 below to **highlight** or circle how you feel when your needs get met. Answer the questions underneath Table 2.

List of Universal Human Feelings: when your needs are met

AFFECTIONATE	CONFIDENT	INSPIRED	PEACEFUL
Compassionate	Empowered	Amazed	Calm
Friendly	Open	Awed	Clear Headed
Loving	Proud	Wonder	Comfortable
Open Hearted	Safe		Centered
Sympathetic	Secure	JOYFUL	Content
Tender		Amused	Equanimous
Warm	EXCITED	Delighted	Fulfilled
	Amazed	Glad	Mellow
ENGAGED	Animated	Happy	Quiet
Absorbed	Ardent	Jubilant	Relaxed
Alert	Aroused	Pleased	Relieved
Curious	Astonished	Tickled	Satisfied
Engrossed	Dazzled		Serene
Enchanted	Eager	EXHILARATED	Still
Entranced	Energetic	Blissful	Tranquil
Fascinated	Enthusiastic	Ecstatic	Trusting
Interested	Giddy	Elated	
Intrigued	Invigorated	Enthralled	REFRESHED
Involved	Lively	Exuberant	Enlivened
Spellbound	Passionate	Radiant	Rejuvenated
Stimulated	Surprised	Rapturous	Renewed
	Vibrant	Thrilled	Rested
HOPEFUL			Restored
Expectant	GRATEFUL		Revived
Encouraged	Appreciative		
Optimistic	Moved		
	Thankful		
	Touched		

Table 2. List of Universal Human Feelings: when your needs are satisfied, are from the Center for Nonviolent Communication and found in *The Designing for Growth Field Book* on pp. 100-101.

What are you discovering about your connection to self?

How does the connection to yourself influence how you connect with others?

Directions: Think about how you feel when your needs go unmet regularly. **Highlight**, in Table 3 below, those feelings. Underneath the table, answer both questions.

List of Universal Human Feelings: when your needs go unmet

AFRAID	AVERSION	DISQUIET	PAIN	TENSE
Apprehensive	Animosity	Agitated	Agony	Anxious
Dread	Appalled	Alarmed	Anguished	Cranky
Foreboding	Contempt	Discombobulated	Bereaved	Distressed
Frightened	Disgusted	Disconnected	Devastated	Edgy
Mistrustful	Dislike	Disturbed	Grief	Fidgety
Panicked	Hate	Perturbed	Heartbroken	Frazzled
Petrified	Horrified	Rattled	Hurt	Irritable
Scared	Hostile	Restless	Lonely	Jittery
Suspicious	Repulsed	Shocked	Miserable	Nervous
Terrified		Startled	Regretful	Overwhelmed
Wary	CONFUSED	Surprised	Remorseful	Restless
Worried	Ambivalent	Troubled		Stressed Out
	Baffled	Turbulent	SAD	
ANNOYED	Bewildered	Turmoil	Depressed	VULNERABLE
Aggravated	Dazed	Uncomfortable	Dejected	*Emotionally Exposed
Dismayed	Hesitant	Uneasy	Despair	Fragile
Disgruntled	Lost	Unnerved	Despondent	Guarded
Displeased	Mystified	Unsettled	Disappointed	Helpless
Exasperated	Perplexed	Upset	Discouraged	Insecure
Frustrated	Puzzled		Disheartened	Leery
Impatient	Torn	EMBARRASSED	Forlorn	Reserved
Irritated		Ashamed	Gloomy	*Risk Taking
Irked	DISCONNECTED	Chagrined	Heavy Hearted	Sensitive
	Alienated	Flustered	Hopeless	Shaky
ANGRY	Aloof	Guilty	Melancholy	*Uncertainty
Enraged	Apathetic	Mortified	Unhappy	
Furious	Bored	Self-Conscious	Wretched	YEARNING
Incensed	Cold			Envious
Indignant	Detached	FATIGUE		Jealous
Irate	Distant	Beat		Longing
Livid	Distracted	Burnt Out		Nostalgic
Outraged	Indifferent	Depleted		Pining
Resentful	Numb	Exhausted		Wistful
	Removed	Lethargic		
	Uninterested	Listless		
	Withdrawn	Sleepy		
		Tired		
		Weary		
		Worn Out		

Table 3. List of Universal Human Feelings: when your needs are NOT satisfied, are by the Center for Nonviolent Communication and found in *The Designing for Growth Field Book* on pp. 102-103. *From Brené Brown's Story Rumble Glossary (2015).

What have you noticed about your overall feelings when your needs go unmet?

How will you integrate this knowledge into creating a work culture of love and belonging? A culture where a person can cultivate a deep sense of worthiness?