

Integrated Clarity®

List adapted from Nonviolent CommunicationSM

Basic List of FEELINGS of People in Workplaces

Sad	Glad	Mad
Ashamed Blue Brokenhearted Depressed Disappointment Discouraged Disheartened Fragile Helpless Hurt Lonely Miserable Numb Vulnerable	Delighted Eager Encouraged Excited Grateful Happy Hopeful Inspired Optimistic Proud Relieved Satisfied Thrilled	Agitated Angry Annoyed Bitter Disgusted Enraged Frustrated Furious Impatient Irate Jealous Pessimistic Resentful Upset
Tired	Worried	Confused
Burned Out Distracted Exhausted Fatigued Flat Frazzled Hopeless Indifferent Lethargic Off Center Restless Weary	Alarmed Anxious Concerned Disturbed Guarded Nervous Overwhelmed Panicky Scared Shocked Suspicious Tense Terrified Wary	Cautious Conflicted Doubtful Hesitant Puzzled Rattled Reluctant Skeptical Torn Troubled Uncomfortable Uneasy Unsettled Unsure
Calm	Friendly	Excited
Absorbed Awed Blissful Comfortable Confident Content Fulfilled Loving Peaceful Relaxed Secure Serene	Appreciative Cordial Fondly Grateful Open Receptive Sensitive Social Tender Trusting Warm Welcoming	Adventurous Amazed Creative Curious Energetic Engaged Exhilarated Fascinated Free Inspired Interested Intrigued Invigorated Passionate

Integrated Clarity®

List adapted from Nonviolent CommunicationSM

Basic List of NEEDS of People in Workplaces		
Resources		Communication
<p>Physical Needs</p> <ul style="list-style-type: none"> Air/Food/Water Comfort, Ease Consistency Equipment, Tools Health Movement, Exercise 		<p>Mental Needs</p> <ul style="list-style-type: none"> Awareness Clarity, Direction Data, Research Decision Making Discernment Education, Training Information Reflection Stimulation, Challenge
Authority	Accountability	Integration
<p><i>To choose ways to meet organizational goals and needs</i></p> <p>Empowerment</p> <ul style="list-style-type: none"> Autonomy Choice Co-Creation of strategies Collaboration Discipline Freedom (emotional, spiritual and physical) Individuality Solitude 	<p><i>Working in alignment with values and responsibilities</i></p> <p>Integrity</p> <ul style="list-style-type: none"> Authenticity Contribution Effectiveness, Progress Feedback, Tracking Honesty Humility, Self-reflection Morality Punctuality Quality Self-worth Sincerity 	<p><i>To receive & to extend to others*</i></p> <p>Interdependence</p> <ul style="list-style-type: none"> Acceptance Appreciation Clarity Closeness Community Compassion Connection Consideration Cooperation Emotional Safety Empathy Harmony Inclusion Intimacy Love Reassurance Respect Support Trust Understanding Validation Warmth
Self-Expression	Marking of Transitions	
<p>Creativity</p> <ul style="list-style-type: none"> Creating, Generating Growth, Progress Learning, Mastery Meaning Play, Fun, Laughter Teaching 	<p>Celebrating Beginnings</p> <ul style="list-style-type: none"> Ceremony/Ritual Delight Enjoyment Excitement Healing Humor Passion 	
Self-Alignment		
<p>Natural Energy</p> <ul style="list-style-type: none"> Beauty Equality, Mutuality Harmony, Peace Inspiration Order Purpose, Meaning Respect 	<p>Acknowledge Endings</p> <ul style="list-style-type: none"> Accept learning Accept limitations Acknowledge regrets Grieve dreams unfulfilled Mourn lost relationships 	