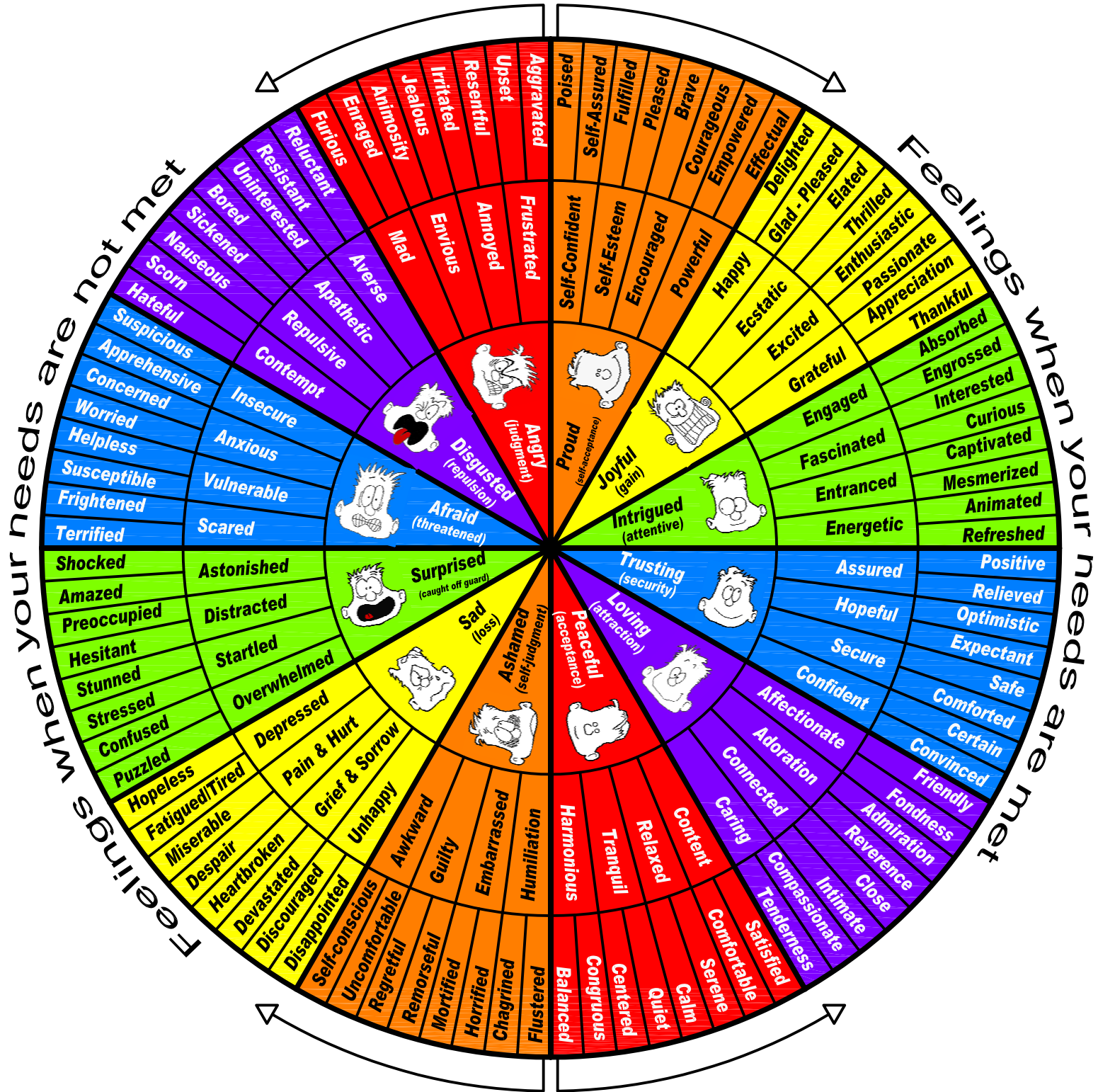


Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings and needs wheels by Bret Stein. artisanf@hotmail.com Revised 1/1/11

Feelings are internal emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ..." or "I feel that ..." or "I feel as if ..." or "I feel you ...", such as:

- | | | | | | | |
|---------------|------------|-------------|---------------|-----------|----------|-------------|
| Abandoned | Attacked | Abused | Betrayed | Blamed | Bullied | Cheated |
| Coerced | Criticized | Dismissed | Disrespected | Excluded | Ignored | Intimidated |
| Insulted | Let Down | Manipulated | Misunderstood | Neglected | Put down | Rejected |
| Unappreciated | Unloved | Unheard | Unwanted | Used | Violated | Wronged |

Relational Nutrients: Essential for Healthy and Productive Leadership

Key Bible passage: “From whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love” (Eph. 4:16)

Quadrant 1: BE PRESENT: Be there and “for”, fewer words	Quadrant 2: CONVEY THE GOOD: Give words that dispense support
<ul style="list-style-type: none"> • Acceptance: Connect without judgment • Attunement: Be aware of what another is experiencing, and respond to it • Validation: Convey that a person’s experience is significant and not to be dismissed • Identification: Share your similar story • Containment: Allow the other to vent while staying warm without reacting • Comfort: Provide support for someone’s loss 	<ul style="list-style-type: none"> • Affirmation: Draw attention to the good • Encouragement: Convey that you believe in someone’s ability to do the difficult • Respect: Assign value • Hope: Provide reality-based confidence in the future • Forgiveness: Cancel a debt • Celebration: Acknowledge a win, both cognitively and emotionally
Quadrant 3: PROVIDE REALITY: Give helpful information	Quadrant 4: CALL TO ACTION: Push to a practical step
<ul style="list-style-type: none"> • Clarification: Bring order to confusion • Perspective: Offer a different viewpoint • Insight: Convey a deeper understanding • Feedback: Give a personal response • Confrontation: Face someone with an appeal to change 	<ul style="list-style-type: none"> • Advice: Recommend an action step • Structure: Provide a framework • Challenge: Strongly recommend a difficult action • Development: Create a growth environment • Service: Guide engagement to giving back

Very important: For optimum growth, we need all 4 quadrants of the nutrients to be applied to **each one** of the 4 character capacities: Bonding, Boundaries, Integration and Adulthood!