

COLLABORATIVE COMMUNICATION

When you say/do

observable statement or behaviour

I feel

feeling word

and

feeling word

because I need/value

need or value

and

need or value

Would you be willing to

concrete action I would like taken

POSITIVE FEELINGS

amazed	supported	comfortable
inspired	included	trusting
interested	relieved	encouraged
intrigued	understood	relaxed
surprised	secure	reassured
confident	happy	determined
fulfilled	glad	bold
content	thankful	brave
satisfied	optimistic	intent
peaceful	fortunate	enthusiastic
eager	moved	appreciated
energetic	proud	important
stimulated	hopeful	acknowledged
excited	touched	valued
	loved	accepted

NEGATIVE FEELINGS

angry	judged	controlled
annoyed	attacked	micro-managed
frustrated	blamed	trapped
impatient	singled out	manipulated
irritated	picked-on	dominated
discouraged	disappointed	trivialized
confused	let down	discounted
misunderstood	helpless	dismissed
overwhelmed	embarrassed	minimized
vulnerable	hopeless	diminished
hurt	betrayed	concerned
sad	guilty	worried
scared	ashamed	reluctant
threatened	regretful	nervous
intimidated	remorseful	anxious

NEEDS AND VALUES

freedom	certainty	respect	closeness	integrity	to contribute
independence	peace	acknowledgement	being a team	honesty	to give
acceptance	harmony	appreciation	amicability	fairness	to care for
approval	calm	understanding	friendliness	equality	to protect
support	safety	empathy	connection	authenticity	to parent
credibility	security	understanding	belonging	sincerity	to serve
honour difference	health	trust	support	truthfulness	
	consistency	recognition	reassurance		learning
celebration	reliability	being valued	consideration	manage conflict	growing
fun	order	to be heard	inclusion	future-focus	diversity
adventure	control	accountability	presence	resolution	creativity
uncertainty	predictability	boundaries		engagement	expansion
flexibility	regularity	non-judgment	novelty	open-minded	
exploration		benefit of the doubt	uncertainty	consideration	
experience			flexibility		