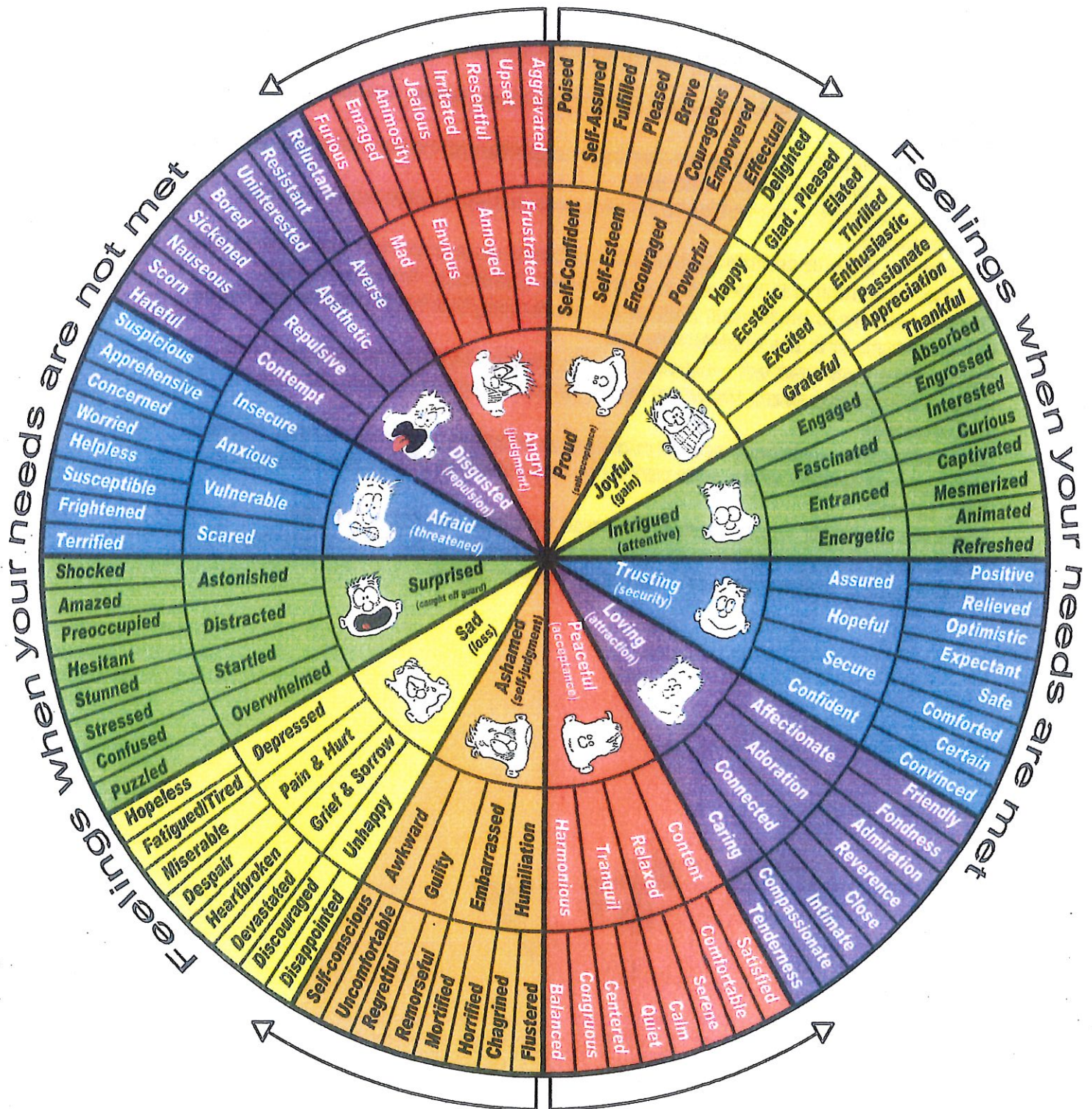


Feelings Wheel



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 |

Emotional respect

What is Emotional Respect

Trust and respect – Acknowledge her rights to have friends, activities, independence

Emotional security – Talking and acting in a gentle and dependable way so that my partner feels comfortable and safe

Physical security – committed to helping provide food shelter and clothing to the household

Structure – Help to contribute a stability of family so your partner can feel secure that the household will have some predictable 'sameness' from day to day.

Time – Actively listen to your partner acknowledging that her thoughts and ideas are important, and are important to you.

Encourage and support – support her thoughts and ideas, encourage her to pursue things that seem important to her (even if they aren't your priorities or preferences)

Give affection – Verbally and physically give affection (we aren't talking about sex here) especially when your partner is emotionally or physically challenged, hurt, or sick.

Care for yourself – give yourself personal time and respect within the relationship so your partner can see that you have integrity. Those who have a good sense of self-worth most often also respect others.