# Worksheet: Self-Coaching through the Experience Cube[[1]](#footnote-1)

|  |  |
| --- | --- |
| **Observations**  I am observing…  I am paying attention to… | **Feelings**  I feel… |
| **Wants**  I want…  I need… | **Thoughts**  Because I think…  These include assumptions, interpretations, conclusions, perceptions, beliefs… |

**Worksheet: Self-Coaching through the Experience Cube**

|  |  |
| --- | --- |
| **Observations**  I am observing…  I am paying attention to… | **Feelings**  I feel… |
| **Wants**  I want…  I need… | **Thoughts**  Because I think…  These include assumptions, interpretations, conclusions, perceptions, beliefs… |

**Worksheet: Self-Coaching through the Experience Cube**

|  |  |
| --- | --- |
| **Observations**  I am observing…  I am paying attention to… | **Feelings**  I feel… |
| **Wants**  I want…  I need… | **Thoughts**  Because I think…  These include assumptions, interpretations, conclusions, perceptions, beliefs… |

**Feelings Inventory**

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.  
  
There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.  
  
Feelings when your needs are satisfied

|  |  |  |  |
| --- | --- | --- | --- |
| **AFFECTIONATE** compassionate friendly loving open hearted sympathetic tender warm  **ENGAGED** absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated  **HOPEFUL** expectant encouraged optimistic | **CONFIDENT** empowered open proud safe secure  **EXCITED** amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant | **GRATEFUL** appreciative moved thankful touched  **INSPIRED** amazed awed wonder  **JOYFUL** amused delighted glad happy jubilant pleased tickled  **EXHILARATED** blissful ecstatic elated enthralled exuberant radiant thrilled | **PEACEFUL** calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting  **REFRESHED** enlivened rejuvenated renewed rested restored revived |

Feelings when your needs are not satisfied

|  |  |  |  |
| --- | --- | --- | --- |
| **AFRAID** apprehensive dread frightened mistrustful panicked petrified scared suspicious terrified wary worried  **ANNOYED** aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked  **ANGRY** enraged furious incensed indignant irate livid outraged resentful  **AVERSION** animosity appalled contempt disgusted dislike hate horrified | **CONFUSED** ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn  **DISCONNECTED** alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn  **DISQUIET** agitated alarmed disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turmoil uncomfortable uneasy | **EMBARRASSED** ashamed chagrined flustered guilty mortified self-conscious  **FATIGUE** burnt out depleted exhausted lethargic listless sleepy tired weary worn out  **PAIN** agony anguished devastated grief heartbroken hurt lonely miserable regretful remorseful  **SAD** depressed dejected despair disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless | **TENSE** anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out  **VULNERABLE** fragile guarded helpless insecure leery reserved sensitive shaky  **YEARNING** envious jealous longing nostalgic pining wistful |

(c) 2005 by Center for Nonviolent Communication [www.cnvc.org](http://www.cnvc.org/) Email: [cnvc@cnvc.org](mailto:cnvc%40cnvc.org) .505.244.4041

1. Modelled after the Experience Cube proposed by Gervase Bushe (2009), Learning from Collective Experience, *The Organizational Development Network*. [↑](#footnote-ref-1)