# 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… |

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**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**compassionatefriendlylovingopen heartedsympathetictenderwarm**ENGAGED**absorbedalertcuriousengrossedenchantedentrancedfascinatedinterestedintriguedinvolvedspellboundstimulated**HOPEFUL**expectantencouragedoptimistic | **CONFIDENT**empoweredopenproudsafesecure**EXCITED**amazedanimatedardentarousedastonisheddazzledeagerenergeticenthusiasticgiddyinvigoratedlivelypassionatesurprisedvibrant | **GRATEFUL**appreciativemovedthankfultouched**INSPIRED**amazedawedwonder**JOYFUL**amuseddelightedgladhappyjubilantpleasedtickled**EXHILARATED**blissfulecstaticelatedenthralledexuberantradiantthrilled | **PEACEFUL**calmclear headedcomfortablecenteredcontentequanimousfulfilledmellowquietrelaxedrelievedsatisfiedserenestilltranquiltrusting**REFRESHED**enlivenedrejuvenatedrenewedrestedrestoredrevived |

Feelings when your needs are not satisfied

|  |  |  |  |
| --- | --- | --- | --- |
| **AFRAID**apprehensivedreadfrightenedmistrustfulpanickedpetrifiedscaredsuspiciousterrifiedwaryworried**ANNOYED**aggravateddismayeddisgruntleddispleasedexasperatedfrustratedimpatientirritatedirked**ANGRY**enragedfuriousincensedindignantiratelividoutragedresentful**AVERSION**animosityappalledcontemptdisgusteddislikehatehorrified | **CONFUSED**ambivalentbaffledbewildereddazedhesitantlostmystifiedperplexedpuzzledtorn**DISCONNECTED**alienatedaloofapatheticboredcolddetacheddistantdistractedindifferentnumbremoveduninterestedwithdrawn**DISQUIET**agitatedalarmeddisconcerteddisturbedperturbedrattledrestlessshockedstartledsurprisedtroubledturmoiluncomfortableuneasy | **EMBARRASSED**ashamedchagrinedflusteredguiltymortifiedself-conscious**FATIGUE**burnt outdepletedexhaustedlethargiclistlesssleepytiredwearyworn out**PAIN**agonyanguisheddevastatedgriefheartbrokenhurtlonelymiserableregretfulremorseful**SAD**depresseddejecteddespairdisappointeddiscourageddisheartenedforlorngloomyheavy heartedhopeless | **TENSE**anxiouscrankydistresseddistraughtedgyfidgetyfrazzledirritablejitterynervousoverwhelmedrestlessstressed out**VULNERABLE**fragileguardedhelplessinsecureleeryreservedsensitiveshaky**YEARNING**enviousjealouslongingnostalgicpiningwistful |

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