

Emotions List and Communication Templates

Emotions When Values "Are" Fulfilled:			
Amazed	Optimistic	Fulfilled	Thankful
Joyous	Eager	Stimulated	Inspired
Comfortable	Proud	Glad	Touched
Moved	Energetic	Surprised	Intrigued
Confident	Relieved	Hopeful	Trustful

Emotions When Values "Are Not" Fulfilled:				
Vulnerable Fragile Guarded Helpless Insecure Reserved Sensitive Shaky Envious Jealous Nostalgic Annoyed Aggravated Dismayed Frustrated Impatient Irritated	Afraid Apprehensive Frightened Panicked Petrified Scared Terrified Wary Worried Distracted Indifferent Numb Removed Uninterested Withdrawn	Agitated Alarmed Disturbed Restless Shocked Startled Surprised Troubled Uncomfortable Uneasy Upset Tense Anxious Cranky Distressed Distraught	Confused Baffled Hesitant Mystified Puzzled Torn Disconnected Alienated Apathetic Bored Detached Distant Edgy Irritable Nervous Overwhelmed Restless Stressed out	Sad Depressed Dejected Despair Disappointment Discouragement Disheartened Gloomy Hopeless Unhappy Pain Agony Anguished Grief Remorseful Hurt Lonely Regretful

Ingredients for connection with another or self: OFNR = Observation, Feelings, Values, Requests

Empathy Template: This will sound more natural as you have more experience using it.

When obs., **are you (emotion)** _____ because you **value** _____? Are you wanting **request?**

Expressing Template: An excellent tool for not using blame, shame and guilt as it keeps you focused on what you want. Excellent for use with judges and juries as will be modeled in class.

When obs., **I am (emotion)** _____ because I **value/need** _____. Would you **Request?**

Options for request:

- **Connecting request:** Ex. Tell me how you feel about what I just said? Or Tell me what you just heard me say so I know that I'm clear?
- **Action request:** Ex. Would you tell me what happen?

Values Inventory:

Life Qualities We All Enjoy

The following list of values is neither exhaustive nor definitive. It a starting place to support any attorney who wishes to engage in a process of discovery and to facilitate greater understanding and connection between clients, hostile witnesses, juries and judges.

For increased understanding with others or yourself guess the need that is satisfied or unsatisfied.

Examples: Are you wanting (honest communication)? / So you value (honest communication)? (honest communication) is important to you? Are you needing (honest communication)?

<p style="text-align: center;">CONNECTION</p> <ul style="list-style-type: none"> Acceptance Affection Appreciation Belonging Cooperation Communication Closeness Community Companionship Compassion Consideration Consistency Empathy Inclusion Intimacy Love Mutuality Nurturing Respect/Self-respect Safety Security Stability Support To be seen To be understood Trust Understanding Warmth 	<p style="text-align: center;">HONESTY</p> <ul style="list-style-type: none"> Authenticity Integrity Presence <p style="text-align: center;">AUTONOMY</p> <ul style="list-style-type: none"> Choice Freedom Independence Space Spontaneity Learning Mourning Participation Purpose Self-expression Stimulation To matter Understanding <p style="text-align: center;">PEACE</p> <ul style="list-style-type: none"> Beauty Communion Ease Equality Fairness Harmony Inspiration Faith 	<p style="text-align: center;">PHYSICAL WELL-BEING</p> <ul style="list-style-type: none"> Air Food Movement/exercise Rest/sleep Sexual expression Safety Shelter Touch Water <p style="text-align: center;">MEANING</p> <ul style="list-style-type: none"> Awareness Celebration of life Challenge Clarity Competence Consciousness Contribution Creativity Discovery Effectiveness Growth Hope <p style="text-align: center;">PLAY</p> <ul style="list-style-type: none"> Joy Humor Jocularly
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Core Values:

We all share these values; they are universal to everyone on the planet. As individuals, we have our own core values, those that we are passionate for. On the bottom write out your core values. (Example: Trust, Honesty, Humor)
