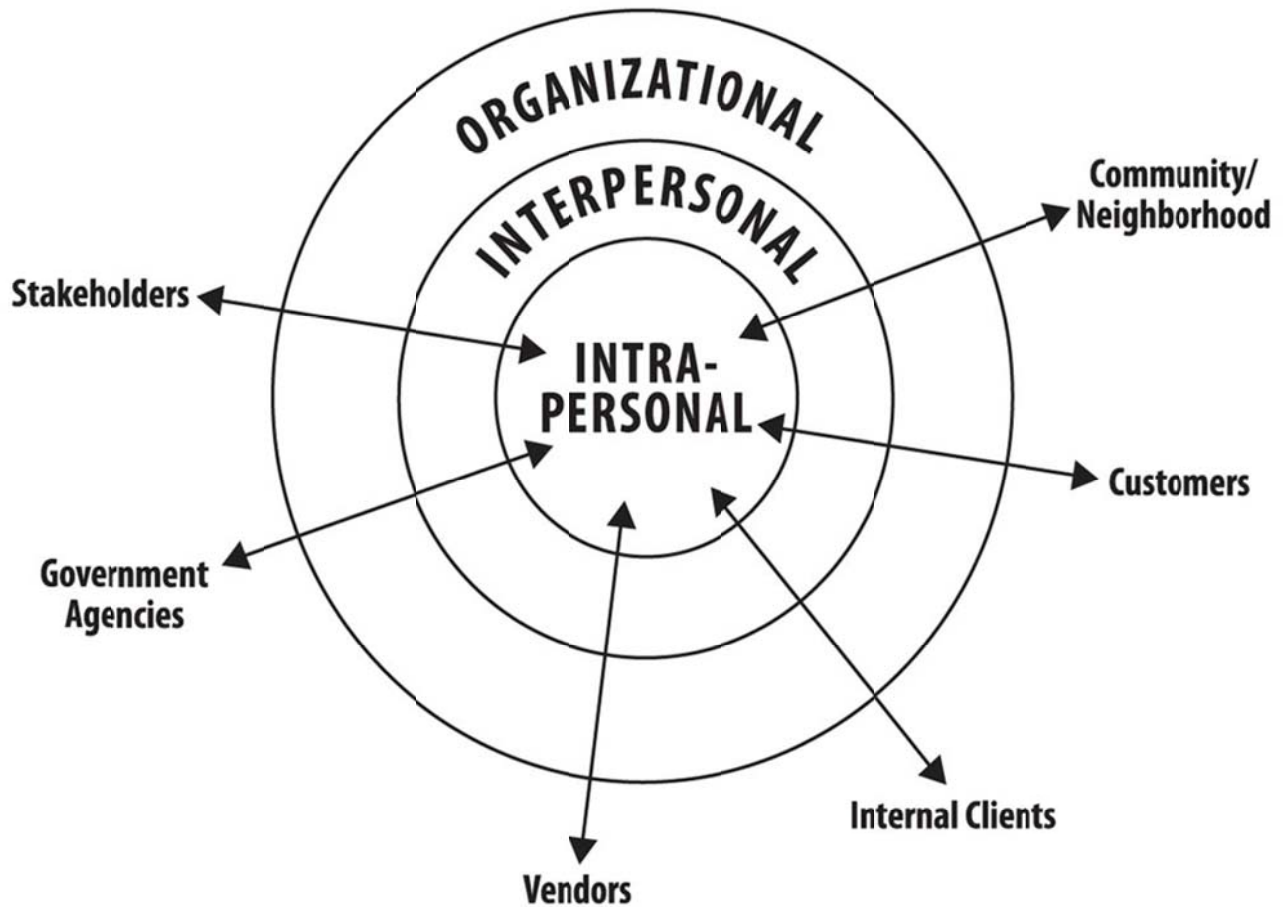


Integrated Clarity[®]

THREE LEVELS OF COMMUNICATION



Integrated Clarity®

List adapted from Nonviolent CommunicationSM

Basic List of FEELINGS of People in Workplaces

<i>Sad</i>	<i>Glad</i>	<i>Mad</i>
Ashamed Blue Brokenhearted Depressed Disappointment Discouraged Disheartened Fragile Helpless Hurt Lonely Miserable Numb Vulnerable	Delighted Eager Encouraged Excited Grateful Happy Hopeful Inspired Optimistic Proud Relieved Satisfied Thrilled	Agitated Angry Annoyed Bitter Disgusted Enraged Frustrated Furious Impatient Irate Jealous Pessimistic Resentful Upset
<i>Tired</i>	<i>Worried</i>	<i>Confused</i>
Burned Out Distracted Exhausted Fatigued Flat Frazzled Hopeless Indifferent Lethargic Off Center Restless Weary	Alarmed Anxious Concerned Disturbed Guarded Nervous Overwhelmed Panicky Scared Shocked Suspicious Tense Terrified Wary	Cautious Conflicted Doubtful Hesitant Puzzled Rattled Reluctant Skeptical Torn Troubled Uncomfortable Uneasy Unsettled Unsure
<i>Calm</i>	<i>Friendly</i>	<i>Excited</i>
Absorbed Awed Blissful Comfortable Confident Content Fulfilled Loving Peaceful Relaxed Secure Serene	Appreciative Cordial Fondly Grateful Open Receptive Sensitive Social Tender Trusting Warm Welcoming	Adventurous Amazed Creative Curious Energetic Engaged Exhilarated Fascinated Free Inspired Interested Intrigued Invigorated Passionate

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Basic List of NEEDS of People in Workplaces

<i>Resources</i>		<i>Communication</i>
Physical Needs Air/Food/Water Comfort, Ease Consistency Equipment, Tools Health Movement, Exercise		Mental Needs Awareness Clarity, Direction Data, Research Decision Making Discernment Education, Training Information Reflection Stimulation, Challenge
Authority <i>To choose ways to meet organizational goals and needs</i> Empowerment Autonomy Choice Co-Creation of strategies Collaboration Discipline Freedom (emotional, spiritual and physical) Individuality Solitude	Accountability <i>Working in alignment with values and responsibilities</i> Integrity Authenticity Contribution Effectiveness, Progress Feedback, Tracking Honesty Humility, Self-reflection Morality Punctuality Quality Self-worth Sincerity	Integration <i>To receive & to extend to others*</i> Interdependence Acceptance Appreciation Clarity Closeness Community Compassion Connection Consideration Cooperation Emotional Safety Empathy Harmony Inclusion Intimacy Love Reassurance Respect Support Trust Understanding Validation Warmth
Self-Expression Creativity Creating, Generating Growth, Progress Learning, Mastery Meaning Play, Fun, Laughter Teaching	Marking of Transitions Celebrating Beginnings Ceremony/Ritual Delight Enjoyment Excitement Healing Humor Passion	
Self-Alignment Natural Energy Beauty Equality, Mutuality Harmony, Peace Inspiration Order Purpose, Meaning Respect	Acknowledge Endings Accept learning Accept limitations Acknowledge regrets Grieve dreams unfulfilled Mourn lost relationships	