



# 3 Steps to Effective Communication & True Problem Solving

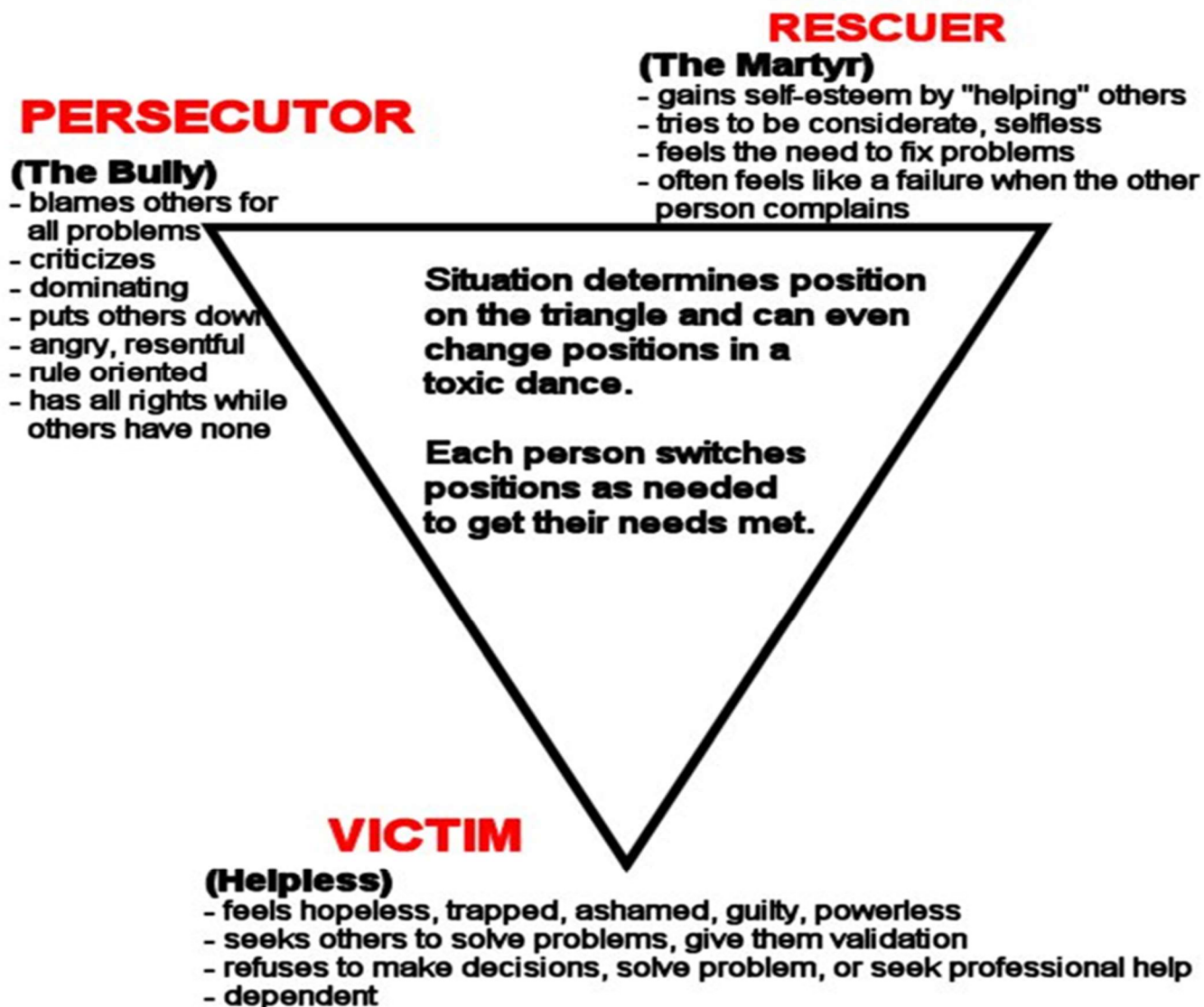
## Questions

- 1. What am I feeling?*
- 2. What need is not being met that is causing/contributing to this feeling?*
- 3. What strategies can I create to get my needs met that do not require anyone else to be different?*

Bonus: What is my/are my addiction(s)?

What do I do to avoid feeling?

# Karpman's Drama Triangle



## FEELINGS

### PEACEFUL

absorbed  
blissful  
calm  
content  
engrossed  
expansive  
serene  
spacious  
tranquil

### GLAD

confident  
delighted  
encouraged  
excited  
grateful  
happy  
hopeful  
inspired  
joyful  
relieved  
satisfied

### PLAYFUL

alive  
effervescent  
energetic  
exuberant  
impish  
invigorated  
refreshed  
stimulated  
zestful

### LOVING

affectionate  
appreciative  
compassionate  
friendly  
nurtured/nurturing  
sensitive  
tender  
warm  
sweet

### MAD

aggravated  
agitated  
angry  
annoyed  
bitter  
enraged  
exasperated  
frustrated  
furious  
hostile  
irritated  
miffed

### TIRED

exhausted  
fatigued  
fidgety  
indifferent  
lethargic  
listless  
overwhelmed  
weary

### CONFUSED

apathetic  
embarrassed  
hesitant  
perplexed  
torn  
troubled  
uncomfortable  
uneasy  
withdrawn

### SCARED

afraid  
anxious  
fearful  
horrified  
jittery  
nervous  
panicky  
shocked  
startled  
terrified  
worried

### SAD

despair  
despondent  
discouraged  
distressed  
gloomy  
grief  
heavy  
hopeless  
hurt  
lonely  
pessimistic  
troubled  
vulnerable

## NEEDS

### MEANING

Acknowledgment  
Awareness  
Beauty  
Celebration  
Clarity  
Closure  
Competence  
Contribution  
Effectiveness  
Growth  
Hope  
Inspiration  
Learning  
Mourning  
Mystery  
Purpose  
Stimulation  
Understanding

### AUTONOMY

Choice  
Freedom  
Independence  
Space

### AUTHENTICITY

Aliveness  
Creativity  
Honesty  
Integrity  
Openness  
Self Expression  
To be heard/seen  
To know/be known  
Transparency  
Trust

### CONNECTION

Acceptance  
Belonging  
Closeness  
Communication  
Companionship  
Compassion  
Consideration  
Empathy  
Interdependence  
Intimacy  
Love  
Respect  
Sexual Expression

### PHYSICAL

Air  
Hydration  
Movement  
Procreation  
Rest  
Safety  
Shelter  
Sustenance  
Touch

### PLAY

Excitement  
Fun  
Humour  
Joy  
Laughter

### COMMUNITY

Collaboration  
Cooperation  
Equality  
Inclusion  
Mutuality  
Support

### PEACE

Beauty  
Consciousness  
Ease  
Flow  
Harmony  
Presence  
Spaciousness  
Spiritual Connection  
Transformation

Based on the work of Marshall Rosenberg, PhD and the Center for Nonviolent Communication<sup>sm</sup> <http://www.cnvc.org/>