

**November 2016**

**9 CONFLICT CARDS**

**22 FEELINGS**

**23 NEEDS**

**Approximate Reading Level: Middle School and up**

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This tool and others at: [conflict180.com/tools](http://conflict180.com/tools)

**TIPS**

Feelings and Needs are arranged in approximate order of LEAST vulnerable (angry) to MOST vulnerable (hurt, heart-broken) to allow people to move through the cards more easily.

If you cut up the cards and want to quickly put them in this order before a card sort, use the small letters and numbers at bottom of each card.

F1 of 9 =Feeling card 1

F9 of 9 =Feeling card 9

N1 of 9 =Needs card 1

N9 of 9 =Needs card 9

To re-use the cards as a printout where people circle the words, we have found a simple plastic report cover to work well with erasable markers.

How do you feel about what happened?

**FRUSTRATED  
IRRITATED**

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(F1 OF 9)

How do you feel about what happened?

**SURPRISED  
SHOCKED**

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(F2 OF 9)

How do you feel about what happened?

**MAD ANGRY  
ENRAGED**

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(F3 OF 9)

How do you feel about what happened?

**CONFUSED  
OVERWHELMED**

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(F4 OF 9)

How do you feel about what happened?

**NERVOUS WORRIED  
ANXIOUS**

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(F5 OF 9)

How do you feel about what happened?

**JEALOUS  
ENVIOUS**

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(F6 OF 9)

How do you feel about what happened?

**SCARED  
AFRAID**

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(F7 OF 9)

How do you feel about what happened?

**ASHAMED  
EMBARRASSED  
GUILTY**

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(F8 OF 9)

How do you feel about what happened?

**SAD HURT  
HEART-BROKEN  
GRIEVING  
HOPELESS**

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(F9 of 9)

What were you wishing for?

**RESPECT  
CONSIDERATION**

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(N1 OF 9)

What were you wishing for?

**UNDERSTANDING**

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(N2 OF 9)

What were you wishing for?

**JUSTICE  
RESPONSIBILITY  
FAIRNESS**

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(N3 OF 9)

What were you wishing for?

**HONESTY  
TRUST  
INTEGRITY  
(doing what you say)**

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(N4 OF 9)

What were you wishing for?

**CHOICE  
POWER  
FREEDOM**

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(N5 OF 9)

What were you wishing for?

**FRIENDSHIP  
BELONGING  
GETTING ALONG**

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(N6 OF 9)

What were you wishing for?

**SAFETY  
PEACE OF MIND**

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(N7 OF 9)

What were you wishing for?

**CONNECTION  
CARE  
SUPPORT  
APPRECIATION**

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(N8 OF 9)

What were you wishing for?

**LOVE  
To Know I MATTER**

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(N9 of 9)

