

O: OBSERVATION (Free of Inference)

What do you see, hear, notice? What is given as a fact in the situation?

F: FEELING (Free of Interpretation)

Basic Feelings

	Mind-Body Feelings / States	Simple Emotions	Emotions about External Factors	Emotions Related to Agency
Positive Feelings (Met Needs)	Clear-Headed Energized Composed/Open	Joy Desire Love	Gratitude Relief Hope	Pride Confidence
Negative Feelings (Unmet Needs)	Overloaded Tired Tense/Closed	Grief Aversion Indifference	Anger Fear Despair	Guilt Frustration

N: NEED (Free of a Concrete, Specific Strategy)

Deep Rational Values²

CLARITY Understanding Certainty Celebration Mourning “Crow” ³ Space Organization Concretization Concentration	DIRECTION Closure Progress Meaning Quality Timeliness Creativity Ease Decisiveness	EFFICACY Growth Mastery Self-Acceptance Skill Commitment Resilience	HEALTH Movement Play Energy Nutrition Rest Relaxation
CONNECTION Visibility To Be Seen / Heard To See / Hear Empathy Mutuality: Respect, Fairness, Trust, Consideration	COMMUNICATION Self-Expression Intellectual Stimulation Emotional Presence Authenticity Transparency Openness	COOPERATION Trade Contribution Support Community Alignment Autonomy Freedom Responsibility	RATIONALITY Independence Integrity Honesty Justice Productiveness Pride

R: REQUEST (Free of Demand)

What might be an easy step to take? You (or the other) always have a choice whether to take it.

A requested action should be clearcut, doable, and lead to the deep value.

A “connection request” consists of asking yourself (or the other person) to share your (his) thoughts, feelings, or values in response to the preceding Observation-Feeling-Need steps.

1. This OFNR sheet is my adaptation of Marshall Rosenberg’s OFNR method from “Non-Violent Communication.”
 2. The list of Deep Rational Values is my adaptation of Marshall Rosenberg’s list of “Universal Needs.”
 3. “Crow” Space is the capacity of focal awareness. Read more about it in my article “What is ‘Crow’ Overload?”
<https://www.thinkingdirections.com/what-is-crow-overload/>

Basic Emotions and Their Underlying Evaluations¹

Basic Positive Emotions (and their antitheses and underlying evaluations)

Joy (grief)	I have gained a value/succeeded (vs. lost it).
Desire (aversion)	This would be a value to me. I should pursue it (vs. this is a disvalue to be avoided).
Love (indifference)	This is a value and a source of pleasure (vs. not a significant value).
Hope (despair)	There is a chance of success (vs. not).

Basic Negative Emotions (and their antitheses and underlying evaluations)

Anger (gratitude)	Someone has wronged me (vs. helped me).
Fear (relief)	This is a threat to me (vs. a threat has been removed).
Frustration (confidence)	My own effort is not effective, I am trying but not succeeding (vs. I am succeeding through my own effort).
Guilt (pride)	I misbehaved (vs. I behaved morally).

Mental-Physical-Emotional States²

State	Mental	Physical	Emotional
Functional State	Clear-Headed	Energized	Composed/Open
Dysfunctional State	Overloaded	Tired	Tense/Closed
Value	"Crow" ³ Space	Energy	Emotional Presence

Tactics for Dealing with a Dysfunctional State

To clear your head:	To energize your body:	To be emotionally present:
<ul style="list-style-type: none"> • Pause • Offload to paper • Get an overview 	<ul style="list-style-type: none"> • Breathe • Rest • Exercise 	<ul style="list-style-type: none"> • Breathe (Pause, Relax, Reflect) • Introspect • Get Empathy • Celebrate Successes • Mourn Losses

1. Adapted by me from multiple sources, including: Harry Binswanger's lectures on Emotions available aynrand.org.

2. Adapted by me from "The Origins of Everyday Moods" by Robert Thayer.

3. "Crow" Space is the capacity of focal awareness. Read more about it in my article "What is 'Crow' Overload?" <https://www.thinkingdirections.com/what-is-crow-overload/>