



Nonverbal Warmth			Basic RADAR Listening Formula		
Remember	Also consider	Tentative Opening +	Feeling +	About/ Because/When +	Thought
S - Sensitive	T - Touch	It sounds like...	you feel mad...	about...	paying higher taxes.
O - Openness	E - Environment	I hear you saying that...	you feel sad...	because of...	what she said to you.
L - Leaning	A - Accommodating	If I hear you correctly...	you feel glad...	when...	your sister succeeds.
A - Appropriate	Attitude	You seem to be saying	you feel afraid...	about...	your father's ill health.
Eye Contact		I'm not sure I'm following	you feel confused...	because of...	all the different options.
R - Relax		Am I hearing you say	you feel ashamed...	about...	wanting to leave home?
			you feel lonely...	when...	you remember your wife?

Feeling Words

Mad		Sad		Glad		Afraid		Confused		Ashamed		Lonely
Bothered	A LITTLE	Down	A LITTLE	At Ease	A LITTLE	Uneasy	A LITTLE	Curious	A LITTLE	Uncomfortable	A LITTLE	Out of place
Ruffed		Blue		Secure		Apprehensive		Uncertain		Awkward		Left-out
Irritated		Somber		Comfortable		Careful		Ambivalent		Clumsy		Unheeded
Displeased		Low		Relaxed		Cautious		Doubtful		Self-Conscious		Lonesome
Annoyed		Glum		Contented		Hesitant		Unsettled		Disconnected		Disconnected
Steamed		Lonely		Optimistic		Terse		Hesitant		Chagrined		Remote
Irked		Disappointed		Satisfied		Anxious		Perplexed		Abashed		Invisible
Perturbed		Worn Out		Refreshed		Nervous		Puzzled		Embarrassed		Unwelcome
Frustrated		Melancholy		Stimulated		Edgy		Muddled		Flustered		Cut-off
Angry		Downhearted		Pleased		Distressed		Distracted		Sorry		Excluded
Fed Up	A LOT	Unhappy	A LOT	Warm	A LOT	Scared	A LOT	Flustered	A LOT	Apologetic	A LOT	Insignificant
Disgusted		Dissatisfied		Snug		Frightened		Dumbled		Ashamed		Ignored
Indignant		Gloomy		Happy		Repulsed		Unfocused		Regretful		Neglected
Ticked Off		Mournful		Encouraged		Agitated		Fragmented		Remorseful		Separated
Bristling		Grieved		Tickled		Afraid		Dismayed		Guilty		Removed
Fuming		Depressed		Proud		Shocked		Insecure		Disgusted		Detached
Explosive		Lousy		Cheerful		Alarmed		Dazed		Belittled		Isolated
Enraged		Crushed		Thrilled		Overwhelmed		Bewildered		Humiliated		Unwanted
Irate		Defeated		Delighted		Frantic		Lost		Violated		Rejected
Incensed		Dejected		Joyful		Panic Stricken		Stunned		Dirty		Deserted
Burned		Empty		Elated		Horrorified		Chaotic		Mortified		Outcast
Burned Up		Wretched		Exhilarated		Petrified		Torn		Defiled		Abandoned
Outraged		Despairing		Overjoyed		Terrified		Baffled		Devastated		Desolate
Furious		Devastated		Ecstatic		Numb		Dumbfounded		Degraded		Forsaken