



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	A LITTLE	Sad	A LITTLE	Glad	A LITTLE	Afraid	A LITTLE	Confused	A LITTLE	Ashamed	A LITTLE	Lonely	A LITTLE
Bothered		Down		At Ease		Uneasy		Curious		Uncomfortable		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		Unhappy		Warm		Scared		Flustered		Apologetic		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	A LOT	Crushed		Thrilled		Overwhelmed		Bewildered		Humiliated		Unwanted	
Irate		Defeated		Delighted		Frantic		Lost		Violated		Rejected	
Incensed		Dejected		Joyful		Panic Stricken		Stunned		Dirty		Deserted	
Burned		Empty		Elated		Horrified		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	