

FEELINGS/EMOTIONS

Our physical sensations and feelings/emotions are essential signals to our underlying needs. When we warmly attune to our feelings—rather than denying, judging, or numbing them—we allow them to guide us to the needs currently alive within us, resulting in deep self-connection and choiceful, aligned strategies that contribute to our lives, our relationships, and our local and world communities.

Feelings when your needs are met/satisfied

Affectionate

Compassionate
Friendly
Loving
Openhearted
Sympathetic
Tender
Warm

Confident

Empowered
Open
Proud
Safe
Secure
Wide-hearted

Engaged

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated
Connected

Excited

Amazed
Animated
Ardent
Aroused
Dazzled
Eager
Energized
Enthusiastic
Giddy
Invigorated
Enlivened
Passionate
Surprised
Vibrant
Alive

Exhilarated

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

Grateful

Appreciative
Moved
Thankful
Touched

Hopeful

Expectant
Encouraged
Optimistic

Joyful

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

Inspired

Amazed
Awed
Wonder

Peaceful

Calm
Clearheaded
Comfortable
Centered
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

Refreshed

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

Feelings when your needs are not met/satisfied

Tense Anxious Nervous Stressed Irritable Cranky Edgy Fidgety Frazzled Overwhelmed Distraught	Annoyed Aggravated Dismayed Disgruntled Displeased Exasperated Frustrated Impatient Irritated Angry Enraged Furious Incensed Indignant Irate Livid Outraged Resentful Aversive Dislike Appalled Contemptuous Disgusted Hatred Horrorified Hostile Repulsed Yucky Bitter Confused Puzzled Perplexed Mystified Bewildered Dazed Hesitant Ambivalent Torn Lost	Upset Restless Agitated Uncomfortable Unnerved Unsettled Startled Surprised Shocked Disturbed Alarmed Perturbed Discombobulated Embarrassed Flustered Self-conscious Ashamed Guilty Chagrined Mortified Disconnected Distracted Bored Detached Distant Indifferent Numb Removed Withdrawn Alienated Aloof Apathetic Cold Closed-hearted	Pained Hurt Lonely Heartsick Heartbroken Regretful Grieved Miserable Devastated Tormented Sad Disappointed Discouraged Disheartened Unhappy Depressed Despairing Despondent Gloomy Heavyhearted Hopeless Melancholy Wretched Yearning Pining Longing Nostalgic Wistful Jealous Envious Fatigue Tired Exhausted Depleted Burnt out Fried Lethargic Listless
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This list is based on Marshall Rosenberg's original Nonviolent Communication feelings lists, as well as feelings lists on www.BayNVC.org, www.CNVC.org, and www.EL4Peace.com. Neither exhaustive nor definitive, this list is intended to support you in warmly and authentically attuning to your feelings/needs and those of others. The contents of these pages may be distributed, so long as full copyright and attribution information is included.

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