

Feelings Inventory

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

We also have another list that may be of interest to you: a list of needs.

Feelings when your needs are satisfied:

<p>AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm</p> <p>CONFIDENT empowered open proud safe secure</p> <p>EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled touched</p>	<p>EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant</p> <p>JOYFUL amused delighted glad happy jubilant pleased tickled</p>	<p>GRATEFUL appreciative moved thankful</p> <p>HOPEFUL expectant encouraged optimistic</p> <p>INSPIRED amazed awed wonder</p> <p>ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated</p>	<p>PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting</p> <p>REFRESHED enlivened rejuvenated renewed rested restored revived</p>
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Feelings when your needs are not satisfied:

<p>AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p> <p>ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked</p> <p>ANGRY enraged furious incensed indignant irate livid outraged resentful</p> <p>AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed</p>	<p>EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious</p> <p>DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn</p> <p>DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset</p>	<p>FATIGUED beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out</p> <p>PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful</p> <p>TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out</p>	<p>SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched</p> <p>CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p> <p>VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky</p> <p>YEARNING envious jealous longing nostalgic pining wistful</p>
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