

Feelings List- We have adapted this list from Nonviolent Communication, www.cnvc.org, based on the work of Marshall Rosenberg.

Some feelings we may have when our needs are met

Affectionate	Amazed	Expectant	Serene
Compassionate	Animated	Encouraged	Still
Friendly	Ardent	Optimistic	Tranquil
Loving	Aroused	Joyful	Trusting
Openhearted	Dazzled	Amused	Refreshed
Sympathetic	Eager	Delighted	Enlivened
Tender	Energetic	Glad	Rejuvenated
Warm	Enthusiastic	Happy	Renewed
Empathetic	Giddy	Jubilant	Rested
Confident	Invigorated	Pleased	Restored
Empowered	Lively	Tickled	Revived
Open	Passionate	Inspired	Understanding
Proud	Surprised	Amazed	Playful
Safe	Vibrant	Awed	Cheerful
Secure	Exhilarated	Wonder	
Comfortable	Blissful	Creative	
Engaged	Ecstatic	Peaceful	
Absorbed	Elated	Calm	
Alert	Enthralled	Clearheaded	
Curious	Exuberant	Centered	
Engrossed	Radiant	Content	
Enchanted	Rapturous	Equanimity	
Entranced	Thrilled	Fulfilled	
Fascinated	Aware	Mellow	
Interested	Grateful	Quiet	
Intrigued	Appreciative	Relaxed	
Involved	Moved	Relieved	
Spellbound	Thankful	Satisfied	
Stimulated	Touched	Full	
Excited	Hopeful	Satiated	

Some feelings we may have when our needs are not met

Afraid	Outraged	Distant	Guilty	Forlorn
Apprehensive	Resentful	Distracted	Mortified	Gloomy
Dread	Aversion	Indifferent	Helpless	Hopeless
Foreboding	Animosity	Numb	Horrified	Unhappy
Frightened	Appalled	Removed	Fatigue	Wretched
Mistrustful	Contempt	Withdrawn	Depleted	Tense
Panicked	Disgusted	Disquiet	Exhausted	Anxious
Petrified	Dislike	Agitated	Lethargic	Cranky
Scared	Hate	Alarmed	Listless	Distressed
Suspicious	Horrified	Discombobulated	Sleepy	Distraught
Terrified	Hostile	Disconcerted	Tired	Edgy
Wary	Repulsed	Disturbed	Weary	Fidgety
Worried	Confused	Perturbed	Pain	Frazzled
Annoyed	Ambivalent	Rattled	Agony	Irritable
Aggravated	Baffled	Restless	Anguish	Jittery
Dismayed	Bewildered	Shocked	Bereaved	Nervous
Disgruntled	Dazed	Startled	Devastated	Restless
Displeased	Hesitant	Surprised	Grief	Sad
Exasperated	Lost	Troubled	Heartbroken	Stressed
Frustrated	Mystified	Turbulent	Hurt	Vulnerable
Impatient	Perplexed	Turmoil	Lonely	Fragile
Irritated	Puzzled	Uncomfortable	Miserable	Guarded
Irked	Torn	Uneasy	Regretful	Helpless
Angry	Disconnected	Unnerved	Remorseful	Insecure
Enraged	Alienated	Unsettled	Overwhelmed	Leery
Furious	Aloof	Upset	Depressed	Reserved
Incensed	Apathetic	Embarrassed	Dejected	Sensitive
Indignant	Bored	Ashamed	Despair	Longing
Irate	Cold	Chagrined	Despondent	Jealous
Livid	Detached	Flustered	Disappointed	Envious