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.

Feelings when your needs are satisfied

<table>
<thead>
<tr>
<th>AFFECTIONATE</th>
<th>CONFIDENT</th>
<th>GRATEFUL</th>
<th>PEACEFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td>compassionate</td>
<td>empowered</td>
<td>appreciative</td>
<td>calm</td>
</tr>
<tr>
<td>friendly</td>
<td>open</td>
<td>moved</td>
<td>clear headed</td>
</tr>
<tr>
<td>loving</td>
<td>proud</td>
<td>thankful</td>
<td>comfortable</td>
</tr>
<tr>
<td>open hearted</td>
<td>safe</td>
<td>touched</td>
<td>centered</td>
</tr>
<tr>
<td>sympathetic</td>
<td>secure</td>
<td>INSPIRED</td>
<td>content</td>
</tr>
<tr>
<td>tender</td>
<td></td>
<td>amazed</td>
<td>equanimous</td>
</tr>
<tr>
<td>warm</td>
<td></td>
<td>awed</td>
<td>fulfilled</td>
</tr>
<tr>
<td>ENGAGED</td>
<td></td>
<td>dazzled</td>
<td>mellow</td>
</tr>
<tr>
<td>absorbed</td>
<td></td>
<td>eager</td>
<td>quiet</td>
</tr>
<tr>
<td>alert</td>
<td></td>
<td>energetic</td>
<td>relaxed</td>
</tr>
<tr>
<td>curious</td>
<td></td>
<td>enthusiastic</td>
<td>relieved</td>
</tr>
<tr>
<td>engrossed</td>
<td></td>
<td>giddy</td>
<td>satisfied</td>
</tr>
<tr>
<td>enchanted</td>
<td></td>
<td>invigorated</td>
<td>serene</td>
</tr>
<tr>
<td>enthranced</td>
<td></td>
<td>lively</td>
<td>still</td>
</tr>
<tr>
<td>fascinated</td>
<td></td>
<td>passionate</td>
<td>tranquil</td>
</tr>
<tr>
<td>intrigued</td>
<td></td>
<td>surprised</td>
<td>trusting</td>
</tr>
<tr>
<td>involved</td>
<td></td>
<td>vibrant</td>
<td>REFRESHED</td>
</tr>
<tr>
<td>spellbound</td>
<td></td>
<td></td>
<td>enlivened</td>
</tr>
<tr>
<td>stimulated</td>
<td></td>
<td></td>
<td>rejuvenated</td>
</tr>
<tr>
<td>HOPEFUL</td>
<td></td>
<td></td>
<td>renewed</td>
</tr>
<tr>
<td>expectant</td>
<td></td>
<td></td>
<td>rested</td>
</tr>
<tr>
<td>encouraged</td>
<td></td>
<td></td>
<td>restored</td>
</tr>
<tr>
<td>optimistic</td>
<td></td>
<td></td>
<td>revived</td>
</tr>
</tbody>
</table>

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Feelings when your needs are not satisfied

**AFRAID**
apprehensive
dread
foreshadowing
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

**CONFUSED**
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled

torn

**DISCONNECTED**
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

**DISQUIET**
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

**EMBARRASSED**
ashamed
chagrined
flustered
guilty
mortified
self-conscious

**FATIGUE**
beat
burnt out
depressed
exhausted
lethargic
listless
sleepy
tired
weary
worn out

**PAIN**
agony
anguished
bereaved
devastated
伤感

tender
lonely
miserable
regretful
remorseful

**SAD**
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
disabled

gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

**TENSE**
anxious
 cranky
distressed

distraught

edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

**VULNERABLE**
fragile
guarded
helpless
insure
leery
reserved
sensitive
shaky

**YEARNING**
envious
jealous
longing
nostalgic
pinning
wistful