Feelings Inventory List

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Website: [www.cnvc.org](http://www.cnvc.org/) Email: cnvc@cnvc.org
Phone: +1.505.244.4041

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:

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| --- | --- | --- | --- |
| **AFFECTIONATE**compassionatefriendlylovingopen heartedsympathetictenderwarm**ENGAGED**absorbedalertcuriousengrossedenchantedentrancedfascinatedinterestedintriguedinvolvedspellboundstimulated**HOPEFUL**expectantencouragedoptimistic | **CONFIDENT**empoweredopenproudsafesecure**EXCITED**amazedanimatedardentarousedastonisheddazzledeagerenergeticenthusiasticgiddyinvigoratedlivelypassionatesurprisedvibrant | **GRATEFUL**appreciativemovedthankfultouched**INSPIRED**amazedawedwonder**JOYFUL**amuseddelightedgladhappyjubilantpleasedtickled**EXHILARATED**blissfulecstaticelatedenthralledexuberantradiantrapturousthrilled | **PEACEFUL**calmclear headedcomfortablecenteredcontentequanimousfulfilledmellowquietrelaxedrelievedsatisfiedserenestilltranquiltrusting**REFRESHED**enlivenedrejuvenatedrenewedrestedrestoredrevived |

Feelings when your needs are not satisfied:

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| **AFRAID**apprehensivedreadforebodingfrightenedmistrustfulpanickedpetrifiedscaredsuspiciousterrifiedwaryworried**ANNOYED**aggravateddismayeddisgruntleddispleasedexasperatedfrustratedimpatientirritatedirked**ANGRY**enragedfuriousincensedindignantiratelividoutragedresentful**AVERSION**animosityappalledcontemptdisgusteddislikehatehorrifiedhostilerepulsed | **CONFUSED**ambivalentbaffledbewildereddazedhesitantlostmystifiedperplexedpuzzledtorn**DISCONNECTED**alienatedaloofapatheticboredcolddetacheddistantdistractedindifferentnumbremoveduninterestedwithdrawn**DISQUIET**agitatedalarmeddiscombobulateddisconcerteddisturbedperturbedrattledrestlessshockedstartledsurprisedtroubledturbulentturmoiluncomfortableuneasyunnervedunsettledupset | **EMBARRASSED**ashamedchagrinedflusteredguiltymortifiedself-conscious**FATIGUE**beatburnt outdepletedexhaustedlethargiclistlesssleepytiredwearyworn out**PAIN**agonyanguishedbereaveddevastatedgriefheartbrokenhurtlonelymiserableregretfulremorseful**SAD**depresseddejecteddespairdespondentdisappointeddiscourageddisheartenedforlorngloomyheavy heartedhopelessmelancholyunhappywretched |