

NVC List of Feelings

Feelings When Your Needs Are Satisfied

Affectionate

compassionate
concerned
friendly
loving
open hearted
sympathetic
tender
warm

Engaged

absorbed
alert
alive
curious
engrossed
enchanted
entranced
fascinated
inquisitive
interested
intrigued
involved
spellbound
stimulated

Excited

amazed
ardent
aroused
astonished
dazzled
eager
enthusiastic
giddy
passionate
surprised

Energetic

animated
buoyant
invigorated
lively
vibrant

Exhilarated

blissful
bubbly
carefree
ebullient
ecstatic
elated
enthralled
exuberant
intense
keyed-up
radiant
rapturous
thrilled
zestful

Free

clear headed
comfortable
fulfilled
relieved

Grateful

appreciative
moved
thankful
touched

Happy

amused
cheerful
delighted
glad
jazzed
joyful
jubilant
merry
mirthful
pleased
tickled
upbeat

Hopeful

expectant
encouraged
optimistic

Inspired

amazed
awed
wonder

Peaceful

calm
centered
composed
content
equanimous
mellow
quiet
relaxed
serene
still
tranquil
trusting

Playful

adventurous
expansive
goofy
impish
light-hearted
mischievous
silly

Refreshed

enlivened
rejuvenated
renewed
rested
restored
revived

Secure

confident
empowered
proud
safe

Feelings When Your Needs Are Not Satisfied

Afraid

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

Annoyed

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
grumpy
impatient
irritated
irked

Angry

bitter*
enraged
furious
incensed
indignant
irate
livid
Mad
outraged
resentful

Aversion

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

Confused

ambivalent
baffled
bewildered
conflicted
dazed
hesitant
lost
mystified
perplexed
puzzled
stunned
torn
uncertain

Disconnected

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withdrawn

Disquiet

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

Embarrassed

ashamed
chagrined
flustered
guilty
humiliated
mortified
self-conscious

Fatigue

burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

Pain

agony
anguished
bereft
crushed
despair
devastated
dismayed
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Sad

bummed out
depressed
dejected
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavyhearted
hopeless
melancholy
sorrowful
unhappy
wretched

Tense

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

Vulnerable

cautious
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Yearning

envious
jealous
longing
nostalgic
pining
wistful