

NVC Suggested Feelings (feelings are in the body, not the head!)

FEELINGS

(when needs
ARE met)

AFFECTIONATE

Compassionate
Friendly
Loving
Open hearted
Sympathetic
Tender
Warm

CONFIDENT

Empowered
Open
Proud
Safe
Secure

ENGAGED

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

INSPIRED

Amazed
Awed
Wonder

EXCITED

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated

Lively
Passionate
Surprised
Vibrant

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

GRATEFUL

Appreciative
Moved
Thankful
Touched

HOPEFUL

Expectant
Encouraged
Optimistic

JOYFUL

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

PEACEFUL

Calm
Clear headed
Comfortable
Centred
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

FEELINGS

(when needs
are NOT met)

AFRAID

Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrified
Scared
Suspicious
Terrified
Wary
Worried
Concern

ANNOYED

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irk

ANGRY

Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

AVERSION

Animosity
Appalled

Contempt
Disgusted
Dislike
Hate
Horrorified
Hostile
Repulsed

CONFUSED

Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

DISCONNECTED

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Withdrawn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
Mortified
Self-conscious

FATIGUE

Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Weary
Worn out

PAIN

Agony
Anguished
Bereaved
Devastated
Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

SAD

Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
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
Insecure
Leery
Reserved
Sensitive
Shaky

YEARNING

Envious
Jealous
Longing
Nostalgic
Pining
Wistful

Feelings mixed
with thoughts

Anger
Depression
Anxiety
Shame
Guilt

Examples of
FAUX feelings

Abandoned
Abused
Attacked
Betrayed
Bullied
Intimidated
Manipulated
Neglected
Rejected
Used