

NVC List of Feelings

Feelings When Your Needs Are Satisfied

Affectionate
compassionate
friendly
loving
open hearted
sympathetic
tender
warm

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

Hopeful
expectant
encouraged
optimistic

Confident
empowered
open
proud
safe
secure

Excited
amazed
animated
ardent
aroused
astonished

dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

Grateful
appreciative
moved
thankful
touched

Inspired
amazed
awed
wonder

Joyful
amused
delighted
glad
happy
jazzed*
jubilant
pleased
tickled

Exhilarated
blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

Peaceful
calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Playful*
adventurous*
expansive*
light-hearted*
mischievous*
silly*

Refreshed
enlivened
rejuvenated
renewed
rested
restored
revived

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
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withdrawn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
mortified
self-conscious

Fatigue

burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

Pain

agony
anguished
bereaved
crushed*
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Sad

bummed
out*
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy
hearted
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

Original List

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Expanded List

* = A feeling added to CNVC's list