

# 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  
ma  
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withdrawn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