Feelings/Emotions – Partial List

(internal sensations, without reference to thoughts, interpretations)

This list is a collaborative effort of many, and adapted from Marshall Rosenberg’s original list.

The following are words we use when we want to express a combination of mental 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.

A. Feelings we may experience when our needs are being met

<table>
<thead>
<tr>
<th>AFFECTIONATE</th>
<th>EXCITED</th>
<th>GRATIFUL</th>
<th>PEACEFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td>compassionate</td>
<td>amazed</td>
<td>appreciative</td>
<td>calm</td>
</tr>
<tr>
<td>friendly</td>
<td>animated</td>
<td>moved</td>
<td>clearheaded</td>
</tr>
<tr>
<td>loving</td>
<td>ardent</td>
<td>thankful</td>
<td>comfortable</td>
</tr>
<tr>
<td>openhearted</td>
<td>aroused</td>
<td>touched</td>
<td>centered</td>
</tr>
<tr>
<td>sympathetic</td>
<td>dazzled</td>
<td>HOPEFUL</td>
<td>content</td>
</tr>
<tr>
<td>tender</td>
<td>eager</td>
<td>expectant</td>
<td>equanimity</td>
</tr>
<tr>
<td>warm</td>
<td>energetic</td>
<td>encouraged</td>
<td>fulfilled</td>
</tr>
<tr>
<td></td>
<td>enthusiastic</td>
<td>optimistic</td>
<td>mellow</td>
</tr>
<tr>
<td>CONFIDENT</td>
<td>giddy</td>
<td>JOYFUL</td>
<td>quiet</td>
</tr>
<tr>
<td>empowered</td>
<td>invigorated</td>
<td>amused</td>
<td>relaxed</td>
</tr>
<tr>
<td>open</td>
<td>lively</td>
<td>delighted</td>
<td>relieved</td>
</tr>
<tr>
<td>proud</td>
<td>passionate</td>
<td>glad</td>
<td>satisfied</td>
</tr>
<tr>
<td>safe</td>
<td>surprised</td>
<td>happy</td>
<td>serene</td>
</tr>
<tr>
<td>secure</td>
<td>vibrant</td>
<td>happy</td>
<td>still</td>
</tr>
<tr>
<td></td>
<td>EXHILARATED</td>
<td>jubilant</td>
<td>tranquil</td>
</tr>
<tr>
<td>ENGAGED</td>
<td>blissful</td>
<td>pleased</td>
<td>trusting</td>
</tr>
<tr>
<td>absorbed</td>
<td>ecstatic</td>
<td>tickled</td>
<td>REFRESHED</td>
</tr>
<tr>
<td>alert</td>
<td>elated</td>
<td>pleated</td>
<td>enlivened</td>
</tr>
<tr>
<td>curious</td>
<td>enthralled</td>
<td>tickled</td>
<td>rejuvenated</td>
</tr>
<tr>
<td>engrossed</td>
<td>exuberant</td>
<td>inspired</td>
<td>renewed</td>
</tr>
<tr>
<td>enchanted</td>
<td>radiant</td>
<td>INSPIRED</td>
<td>rested</td>
</tr>
<tr>
<td>entranced</td>
<td>rapturous</td>
<td>amazed</td>
<td>restored</td>
</tr>
<tr>
<td>fascinated</td>
<td>thrilled</td>
<td>awed</td>
<td>revived</td>
</tr>
<tr>
<td>interested</td>
<td></td>
<td>wonder</td>
<td></td>
</tr>
</tbody>
</table>
B. Feelings we may experience when our needs are not being met

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

**CONFUSED**
- ambivalent
- baffled
- bewildered
- dazed
- hesitant
- lost
- mystified
- perplexed
- puzzled
- torn

**EMBARRASSED**
- ashamed
- chagrined
- flustered
- mortified
- self-conscious

**DISCONNECTED**
- alienated
- aloof
- apathetic
- bored
- cold
- detached
- distant
- distracted
- indifferent
- numb
- removed
- withdrawn

**TENSE**
- Anxious
- cranky
- distressed
- distraught
- edgy
- fidgety
- frazzled
- irritable
- jittery
- nervous
- overwhelmed
- restless
- stressed out

**ANGRY**
- angry
- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- resentful

**DISQUIET**
- agitated
- alarmed
- discombobulated
- disconcerted
- disturbed
- perturbed
- ruffled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- turmoil
- uncomfortable
- uneasy
- unnerved
- unsettled
- upset

**VULNERABLE**
- fragile
- guarded
- helpless
- insecure
- leery
- reserved
- sensitive
- shaky

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

**PAIN**
- depressed
- dejected
- despair
- despondent
- disappointed
- discouraged
- disheartened
- forlorn
- gloomy
- heavy hearted
- hopeless

**SAD**
- melancholy
- unhappy
- wretched

**YEARNING**
- envious
- jealous
- longing
- nostalgic
- pining
- wistful