

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

AFFECTIONATE

compassionate
friendly
loving
openhearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

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

EXCITED

amazed
animated
ardent
aroused
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

INSPIRED

amazed
awed
wonder

PEACEFUL

calm
clearheaded
comfortable
centered
content
equanimity
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

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 | melancholy unhappy wretched |
| ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked | DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed withdrawn | FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out | TENSE Anxious cranky distressed distraught edgy fidgety frazzled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 rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset | PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful | VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky |
| AVERSION Animosity appalled contempt disgusted dislike hate horrified hostile repulsed | | SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless | YEARNING envious jealous longing nostalgic pining wistful |