

Feelings Inventories

Use these lists to identify more and more what you are feeling. Negative emotions are your signal that a need is not getting met, (or that you are thinking/believing something that may or may not be true). Identify exactly what you are feeling and then identify what need you have (see [Universal Needs Inventory](#)) The following are words we use when we want to express a combination of emotional 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.

Feelings when your needs are not satisfied

AFRAID	AVERSION	uninterested	depleted	unhappy
apprehensive	animosity	withdrawn	exhausted	wretched
dread	appalled		lethargic	TENSE
foreboding	contempt	DISQUIET	listless	anxious
frightened	disgusted	agitated	sleepy	cranky
mistrustful	dislike	alarmed	tired	distressed
panicked	hate	discombobulated	weary	distraught
petrified	horrified	disconcerted	worn out	edgy
scared	hostile	disturbed		fidgety
suspicious	repulsed	perturbed	PAIN	frazzled
terrified		rattled	agony	irritable
wary	CONFUSED	restless	anguished	jittery
worried	ambivalent	shocked	bereaved	nervous
	baffled	startled	devastated	overwhelmed
ANNOYED	bewildered	surprised	grief	restless
aggravated	dazed	troubled	heartbroken	stressed out
dismayed	hesitant	turbulent	hurt	
disgruntled	lost	turmoil	lonely	VULNERABLE
displeased	mystified	uncomfortable	miserable	fragile
exasperated	perplexed	uneasy	regretful	guarded
frustrated	puzzled	unnerved	remorseful	helpless
impatient	torn	unsettled		insecure
irritated		upset	SAD	leery
irked	DISCONNECTED		depressed	reserved
	alienated	EMBARRASSED	dejected	sensitive
ANGRY	aloof	ashamed	despair	shaky
enraged	apathetic	chagrined	despondent	
furious	bored	flustered	disappointed	YEARNING
incensed	cold	guilty	discouraged	envious
indignant	detached	mortified	disheartened	jealous
irate	distant	self-conscious	forlorn	longing
livid	distracted		gloomy	nostalgic
outraged	indifferent	FATIGUE	heavy hearted	pinning
resentful	numb	beat	hopeless	wistful
	removed	burnt out	melancholy	

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Feelings when your needs are satisfied

AFFECTIONATE	entranced	enthusiastic	thankful	centered
compassionate	fascinated	giddy	touched	content
friendly	interested	invigorated		equanimous
loving	intrigued	lively	HOPEFUL	fulfilled
open hearted	involved	passionate	expectant	mellow
sympathetic	spellbound	surprised	encouraged	quiet
tender	stimulated	vibrant	optimistic	relaxed
warm				relieved
	INSPIRED	EXHILARATED	JOYFUL	satisfied
CONFIDENT	amazed	blissful	amused	serene
empowered	awed	ecstatic	delighted	still
open	wonder	elated	glad	tranquil
proud		enthralled	happy	trusting
safe	EXCITED	exuberant	jubilant	
secure	amazed	radiant	pleased	REFRESHED
	animated	rapturous	tickled	enlivened
ENGAGED	ardent	thrilled		rejuvenated
absorbed	aroused		PEACEFUL	renewed
alert	astonished	GRATEFUL	calm	rested
curious	dazzled	appreciative	clear headed	restored
engrossed	eager	moved	comfortable	revived
enchanted				

Adapted by Mary Sue Abernethy at www.weight-loss-choose-inner-wisdom.com from © 2005 by Center for Nonviolent Communication Website: www.cnvc.org Email: cnvc@cnvc.org Phone: +1.818.957.9393