

List of Feelings (NVC*)

- > pleasant feelings
- > unpleasant feelings
- > thoughts disguised as feelings

List of needs (NVC*)

- > physical needs
- > individual needs
- > social needs
- > self-development needs

* NVC: Nonviolent (=nondominant) communication

1. comfortable, pleasant, satisfied
2. strong, powerful, vital, alive
3. balanced, centered, harmonious
4. calm, relaxed, serene, relaxed, peaceful
5. calmed, relieved, soothed, satisfied
6. invigorated, excited, electrified, full of energy, sparkling, tingling, passionate, full of zest for life, full of energy, enthusiastic, overflowing, exuberant, full of verve
7. fulfilled, moved, enchanted, intoxicated, carried, overwhelmed, enthusiastic, enraptured
8. cheerful, happy, cheerful, in a good mood, amused
9. delighted, delighted, delighted,
10. inspired, interested, alert, attentive, lively, stimulated
11. moved, affected, touched, impressed
12. close, in love, gentle, full of tenderness, full of affection, loving, passionate
13. alert, attentive
14. open, free
15. safe
16. courageous, brave, upright, encouraged
17. proud
18. grateful
19. clear, concentrated
20. optimistic, unconcerned, trusting, hopeful
21. curious, expectant, fascinated, spellbound, excited, absorbed in something
22. astonished, surprised, amazed, puzzled, perplexed,
23. helpful
24. compassionate, sympathetic, open-hearted
25. cheerful, humorous, mischievous, funny
26. sensitive, tender, fragile

1. alone, lonely, isolated, separated
2. numb, unfeeling, detached, unconnected
3. silent, closed, turned inwards,
4. ashamed, embarrassed
5. jealous, envious
6. hungry, famished, thirsty, craving
7. exhausted, lacking energy, limp
8. exhausted, burnt out, overworked, shattered
9. bad, bad-tempered
10. bored, indifferent, disinterested
11. impatient, nervous
12. dissatisfied, morose, sullen, disgruntled, offended, grumpy, irritable
13. unhappy
14. frustrated, bitter, embittered, gloomy, fed up
15. hesitant, indecisive
16. torn back and forth, torn inside
17. reluctant, disgusted, full of aversion, filled with disgust
18. agitated, stunned
19. shocked, panicked, panic-stricken, frozen with fright
20. desperate
21. angry, exasperated, furious, enraged, agitated, enraged, horrified, disappointed, annoyed, beside oneself, angry, fed up, furious with rage, full of resentment, hateful, vengeful
22. surprised, astonished, confused, irritated, baffled, perplexed, bewildered
23. helpless
24. speechless, upset
25. tense, stressed
26. restless, impatient, insecure, uneasy, disturbed, unsettled
27. skeptical, suspicious, disbelieving, on guard, vigilant, alarmed, suspicious,
28. anxious, worried, frightened, frightened, fearful, trembling with fear, terrified

29. dismayed, frightened, shaken
30. in pain, hurt, tormented, suffering, sadly filled, chafed, full of pain, full of torment
31. tired, sleepy, lazy, sluggish, passive, lethargic, blocked, without energy, lifeless, limp, apathetic
32. melancholic, depressed, depressive, pessimistic, discouraged, bored, satiated, weary, at a mental low point
33. depressed, dejected, heavy, ponderous, melancholy, burdened
34. regretful, distressed, sorrowful, affected, saddened, gloomy
35. sad, sore in the soul,

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Linguistically, it looks like a feeling, but doesn't name always one:

"I feel ... "

What follows is often not a real feeling, but an interpretation, a thought, a perception, e.g.:

"I feel disregarded and betrayed."

You could put it better like this:

"I think I am being disregarded and betrayed."

It is therefore not a feeling, but a thought or an interpretation. The statement also points to a perpetrator.

"I think that you disregard me."

You can then work with the question:

"How do I feel when I think I am being disregarded and betrayed."

Then find a real emotional word.

Sentences that suggest thoughts rather than feelings start like this:

- I have the feeling that ...
- I feel like ...
- I feel as if ...
- I have the feeling that my boss...

Sentences that suggest feelings rather than thoughts start like this:

- I feel (sad, ...).
- I am (happy, irritated, helpless, ...)

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1. air
2. water
3. food
4. exercise
5. protection
6. shelter
7. rest, relaxation, health
8. touch
9. offspring, masculinity, femininity, maternity, paternity

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1. beauty, style, format, aesthetics
2. harmony, serenity, patience, balance, peace, calm, relaxation, free time, arriving
3. inspiration
4. information, feedback, reaction
5. autonomy, freedom, independence
6. integrity, courage, bravery, strength, determination, seriousness
7. authenticity, genuineness, spontaneity
8. meaning, importance
9. creativity, imagination, flexibility, variety
10. effectiveness, efficiency, success, happiness
11. activity, change, adventure, passion, curiosity, diversity
12. clarity, knowledge, wisdom, competence, education, cleverness, social competence, cultural interest, professional competence
13. strength, consistency, power, authority, initiative
14. self-awareness, self-perception, alertness, life
15. health, wealth, abundance
16. optimism, confidence, cheerfulness
17. lightness, play, celebration, humor, fulfillment, joie de vivre, pleasure
18. clarity, order, cleanliness, structure
19. constancy
20. change, healing, restructuring, reorganization, growth
21. conclusion, end, arrival, (inner) end point, new beginning

1. distance, space, privacy
2. protection, safety, security,
3. objectivity, politeness
4. equilibrium, equivalence, balance, balanced participation
5. reliability, integrity, commitment, certainty
6. activity, effectiveness, efficiency, determination
7. influence, leadership, role model, assertiveness, firmness, consistency, decisiveness
8. discipline, punctuality, commitment,
9. sincerity, honesty, truth, justice, straightforwardness, credibility,
10. esteem, respect, sensitivity, recognition
11. sympathy, affiliation, sociability, friendship, community
12. acceptance, trust, tolerance, understanding, openness, open-mindedness, broad horizon, vision,
13. friendliness, sensitivity, attentiveness, caution, consideration, modesty, humility
14. confirmation, enthusiasm, gratitude
15. support, helpfulness, cooperation
16. loyalty, fidelity, discretion, trustworthiness
17. closeness, affection, warmth, tenderness, love
18. empathy, empathy, compassion, kindness, good nature, empathy
19. harmony, peace, calm, relaxation
20. communication, mediation, predictability, ability to coordinate, willingness to delegate,

1. growth, breaking boundaries
2. meaning, fulfillment, depth, centeredness
3. healing
4. spirituality, connection to something higher

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