

feelings list CNVC

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.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

Feelings when your needs are satisfied

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

Feelings when your needs are not satisfied

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alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn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