

Marshall Rosenberg's NVC lists of feelings and needs

FEELINGS

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 compassionate friendly loving open hearted sympathetic tender warm</p>	<p>CONFIDENT empowered open proud safe secure awed Wonder</p>	<p>EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still</p>
<p>GRATEFUL appreciative moved thankful touched</p>	<p>JOYFUL amused delighted glad happy jubilant pleased tickled</p>	
<p>INSPIRED amazed</p>		
<p>ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested</p>	<p>EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous Thrilled</p>	

intrigued involved spellbound stimulated HOPEFUL expectant encouraged optimistic	PEACEFUL calm clear headed comfortable	tranquil trusting REFRESHED enlivened rejuvenated renewed rested restored revived
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Feelings when your needs are not satisfied

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DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn	longing nostalgic pining rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset wistful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

The following list of needs 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.

<p>CONNECTION</p> <p>acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support to know and be known to see and be seen to understand and be understood trust warmth</p> <p>PLAY</p> <p>joy humor</p>	<p>PEACE</p> <p>beauty communion ease equality harmony inspiration order</p> <p>AUTONOMY</p> <p>choice freedom independence space spontaneity</p> <p>MEANING</p> <p>awareness celebration of life challenge clarity competence consciousness contribution creativity discovery</p>	<p>PHYSICAL WELL-BEING</p> <p>air food movement/exercise rest/sleep sexual expression safety shelter touch water</p> <p>HONESTY</p> <p>authenticity integrity presence efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding</p>
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