

Feelings - precious aspects of our humanity

AFFECTIONATE

compassionate
friendly
loving
openhearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
entranced
fascinated
interested
intrigued
involved
stimulated

EXCITED

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively

EXHILARATED

blissful
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

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

PEACEFUL

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

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated

AVERSE

appalled
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
perplexed
puzzled
torn

EMBARRASSED

ashamed
chagrined
flustered
self-conscious

FATIGUED

depleted
exhausted
lethargic
listless
sleepy
tired
weary

YEARNING

envious
jealous
longing
nostalgic
wistful

DISCONNECTED

alienated
apathetic
bored
detached
distant
distracted
indifferent
numb
withdrawn

DISQUIETED

agitated
alarmed
disturbed
rattled
restless
shocked
startled
surprised
troubled
uncomfortable
uneasy
unsettled
upset

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed

SAD

depressed
dejected
desperate
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

PAIN

anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
regretful
remorseful

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Based on Marshall Rosenberg's
Nonviolent Communication,
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