

A List of Feelings We All Have (Emotions and Sensations)



The following list of words are used 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 help you develop your emotional vocabulary, engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.. When you get stuck, and struggle to communicate your needs, you can use this list as a reference guide.

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.

If you are new to learning Nonviolent Communication and you'd like to deepen your understanding of needs, we suggest you look for Introductory Skill Level resources in the NVC Multimedia Library.

Feelings when your needs are satisfied:

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings when your needs are not satisfied:

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

ANNOYED
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED
ashamed
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
lonely
miserable
regretful
remorseful

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

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

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING
envious
jealous
longing
nostalgic
pining
wistful

Here's a longer list, shown alphabetically.

Feelings when your needs are satisfied:

Absorbed	Ebullient	Happy	Refreshed
Adventurous	Effervescent	Helpful	Reinvigorated
Affectionate	Elated	Hopeful	Rejuvenated
Alert	Electrified	Humbled	Relaxed
Alive	Enchanted	Inquisitive	Relieved
Amorous	Encouraged	Inspired	Renewed
Animated	Energetic	Interested	Rested
Appreciative	Engrossed	Intrigued	Restored
Amazed	Enlivened	Invigorated	Revived
Amused	Enthralled	Involved	Safe
Aroused	Enthusiastic	Joyful	Satisfied
Astonished	Exalted	Joyous	Secure
Astounded	Excited	Jubilant	Serene
Awake	Exhilarated	Liberated	Shocked
Awed	Expansive	Loving	Spacious
Blissful	Expectant	Mellow	Spellbound
Breathless	Exuberant	Merry	Startled
Buoyant	Fascinated	Mirthful	Still
Calm	Fondness	Moved	Stimulated
Carefree	Friendly	Optimistic	Stunned
Comfortable	Fulfilled	Overwhelmed	Surprised
Confident	Gay	Passionate	Tender
Contented	Giddy	Peaceful	Thankful
Cozy	Glad	Perky	Thrilled
Curious	Gleeful	Pleased	Tickled
Cushy	Glorious	Proud	Tranquil
Dazzled	Glowing	Puzzled	Touched
Delighted	Grateful	Quiet	Upbeat
Eager	Gratified	Radiant	Uplifted
Ecstatic	Grief	Rapturous	Warm
			Zestful

Feelings when your needs are not satisfied:

Afraid	Aggravated	Disenchanted	Horrible	Resentful
Agitation		Disgruntled	Hostile	Restless
Alarmed		Disgusted	Hot	Revolted
Aloof		Disheartened	Humdrum	Sad
Angry		Disinterested	Hurt	Scared
Anguish		Dislike	Impatient	Sensitive
Animosity		Dismayed	Incensed	Shaky
Annoyance		Displeased	Indifferent	Shocked
Anxious		Disquieted	Indignant	Skeptical
Apathetic		Distant	Infuriated	Sleepy
Appalled		Distraught	Inquisitive	Sorrowful
Apprehensive		Distressed	Insecure	Sour
Ashamed		Disturbed	Intense	Spent
Aversion		Doubtful	Irate	Spiritless
Awful		Downcast	Irked	Startled
Bad		Downhearted	Irritated	Surprised
Beat		Dread	Jealous	Suspicious
Bewildered		Dull	Jittery	Tense
Bitter		Edgy	Lazy	Terrified
Blah		Embarrassed	Lethargic	Tired
Blue		Embittered	Listless	Troubled
Bored		Enraged	Lonely	Uncertain
Breathless		Envious	Mad	Uncomfortable
Brokenhearted		Exasperated	Mean	Uneasy
Chagrined		Exhausted	Melancholy	Unglued
Cold		Exposed	Miserable	Unhappy
Concerned		Fatigued	Mopey	Unnerved
Confused		Fearful	Morose	Unsteady
Cool		Fidgety	Nervous	Upset
Contrite		Forlorn	Overwhelmed	Uptight
Cross		Frightened	Pain	Vengeful
Dejected		Frustrated	Panicky	Vexed
Depressed		Furious	Passive	Vulnerable
Despair		Gloomy	Perplexed	Weary
Despondent		Grief	Pessimistic	Withdrawn
Detached		Guilty	Puzzled	Woeful
Diffident		Hate	Rancorous	Worn
Disappointed		Heavy	Regretful	out
Disconnected		Helpless	Reluctant	Worried
Discouraged		Hesitant	Remorseful	
		Horrificed	Repelled	