

Feelings Inventory

PEACEFUL

tranquil
calm
content
engrossed
absorbed
expansive
serene
loving
blissful
satisfied
relaxed
relieved
quiet
carefree
composed
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
amorous
trusting
open
thankful
radiant
adoring
passionate

GLAD

happy
excited
hopeful
joyful
satisfied
delighted
encouraged
grateful
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic
glorious

PLAYFUL

energetic
effervescent
invigorated
zestful
refreshed
impish
alive
lively
exuberant
giddy
adventurous
mischievous
jubilant
goofy
buoyant
electrified

INTERESTED

Involved
inquisitive
intense
enriched
absorbed
alert
aroused
astonished
concerned
curious
eager
enthusiastic
fascinated
intrigued
surprised
helpful

MAD

impatient
pessimistic
disgruntled
frustrated
irritable
edgy
grouchy
agitated
exasperated
disgusted
irked
cantankerous
animosity
bitter
rancorous
irate, furious
angry
hostile
enraged
violent

SAD

Lonely
heavy
troubled
helpless
gloomy
overwhelmed
distant
despondent
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
blue
miserable
dejected
melancholy

SCARED

afraid
fearful
terrified
startled
nervous
jittery
horrified
anxious
worried
anguished
lonely
insecure
sensitive
shocked
apprehensive
dread
jealous
desperate
suspicious
frightened

TIRED

exhausted
fatigued
inert
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
heavy
sleepy
disinterested
reluctant
passive
dull
bored
listless
blah
mopey
comatose

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
hurt
uneasy
irritated
suspicious
unsteady
puzzled
restless
boggled
chagrined
unglued
detached
skeptical

False Feelings

The following words are perceptions disguised as feelings. They imply blame of what we think others are doing to us. These words are part of a 'victim language' signifying someone has power over me to "make me feel" this way.

- | | | | |
|--------------|---------------|-----------------|---------------------|
| • Abandoned | • Disliked | • Left Out | • Ripped Out |
| • Abused | • Dominated | • Let Down | • Smothered |
| • Attacked | • Dumped on | • Manipulated | • Taken for granted |
| • Belittled | • Hassled | • Mistreated | • Trampled |
| • Betrayed | • Neglected | • Misunderstood | • Tricked |
| • Blamed | • Harassed | • Neglected | • Violated |
| • Bullied | • Ignored | • Overpowered | • Victimized |
| • Cheated | • Insulted | • Overworked | • Unsupported |
| • Coerced | • Interrupted | • Patronized | • Unappreciated |
| • Cornered | • Intimidated | • Pressured | • Unloved |
| • Criticized | • Invalidated | • Provoked | • Unseen |
| • Deprived | • Invisible | • Put Down | • Used |
| • Discounted | • Isolated | • Rejected | |

Non-feeling words can be judgments of ourselves such as: inadequate, stupid, unworthy, worthless, inconsiderate, ungrateful, wrong, bad, useless, inferior, pathetic, hopeless, insensitive, etc.

We often use the word 'feel' to mean 'think.' These thoughts express our judgments, opinions, criticisms, or evaluations, NOT our true feelings/emotions.

Whenever "I feel" is followed by "you" or "that" or "I", usually it's a thought, and not a feeling that follows. "I feel that you aren't being realistic about the project."

We can get connected back to our true emotions when we catch ourselves using one of these words or phrases and instead say one of these phrases to ourself to get clear within us:

"When I think you are _____ (fill in a word from the list), what emotion am I feeling?" For example: "When I think you are *pressuring* me, I feel anxious and uncomfortable." "When I think I am feeling ignored, (When I think you are *ignoring* me) I feel sad." "When I tell myself you're *attacking* me, I feel scared, apprehensive, angry."

Now look on your needs/values list, and discover what beautiful needs are calling for your attention.

Now you have a choice to express your feelings out loud to someone, or to simply stay in self-connection.

Universal Values/Needs

CONNECTION

acceptance
affection
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
reciprocity
respect / self respect
safety
security
shared reality
stability
support
to know and be known
to see and be seen
to understand and be
understood
trust
warmth

HONESTY

authenticity
integrity
presence

PLAY

joy
humor
adventure
levity / lightness

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

PHYSICAL WELLBEING

air
food
movement/exercise
rest/sleep
sexual expression
safety (protection from life
threatening situations)
shelter
touch
water

MEANING

awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficiency
effectiveness
growth
integration
learning
mourning
movement
participation
purpose
self-expression
stimulation
understanding

AUTONOMY

choice
dignity
freedom
independence
space
spontaneity

NVC BASICS

OBSERVATIONS

Just the facts of what was seen or heard without evaluations or judgments.

FEELINGS

Emotions or sensations. Not to be confused with thoughts (false feelings).

NEEDS

Universal human needs. We are all at all times just trying to get our needs met. Our needs are not in conflict, just the strategies we use to get them met.

REQUESTS

They get to say "no". Being upset or angry with the outcome is a clue that it was a demand.

EMPATHY GUESS

It's always just a guess. What might the other person be feeling or needing? What are they saying "yes" to? It connects us when we ask rather than tell.