

Enclosure No. 2 to “No Lose conflict solving” tool

LIST OF FEELINGS OF NVC/NON-VIOLENT COMMUNICATION/

by Center for Nonviolent Communication,2005

1. Feelings when your needs are satisfied

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

optimistic

rapturous

revived

thrilled

2. Feelings when your needs are not satisfied

AFRAID	CONFUSED	EMBARRASSED	TENSE
apprehensive	ambivalent	ashamed	anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	guilty	distraught
mistrustful	hesitant	mortified	edgy
panicked	lost	self-conscious	fidgety
petrified	mystified	FATIGUE	frazzled
scared	perplexed	beat	irritable
suspicious	puzzled	burnt out	jittery
terrified	torn	depleted	nervous
wary	DISCONNECTED	exhausted	overwhelmed
worried	alienated	lethargic	restless
ANNOYED	aloof	listless	stressed out
aggravated	apathetic	sleepy	VULNERABLE
dismayed	bored	tired	fragile
disgruntled	cold	weary	guarded
displeased	detached	worn out	helpless
exasperated	distant	PAIN	insecure
frustrated	distracted	agony	leery
impatient	indifferent	anguished	reserved
irritated	numb	bereaved	sensitive
irked	removed	devastated	shaky
ANGRY	uninterested	grief	YEARNING
enraged		heartbroken	envious

furious	withdrawn	hurt	jealous
incensed	DISQUIET	lonely	longing
indignant	agitated	miserable	nostalgic
irate	alarmed	regretful	pining
livid	discombobulated	remorseful	wistful
outraged	disconcerted	SAD	
resentful	disturbed	depressed	
AVERSION	perturbed	dejected	
animosity	rattled	despair	
appalled	restless	despondent	
contempt	shocked	disappointed	
disgusted	startled	discouraged	
dislike	surprised	disheartened	
hate	troubled	forlorn	
horrified	turbulent	gloomy	
hostile	turmoil	heavy hearted	
repulsed	uncomfortable	hopeless	
	uneasy	melancholy	
	unnerved	unhappy	
	unsettled	wretched	
	upset		

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