

Inventories

FEELINGS

This feelings inventory is organized into two categories: feelings associated with met needs and those associated with unmet needs. Within each of these, generic terms (in bold) are followed by words with more finely shaded meanings. This inventory is not exhaustive.

Feelings likely to occur when our needs are being met

Interest

Engaged
Absorbed
Alert
Curious
Engrossed
Fascinated
Interested
Intrigued

Enthusiasm

Animated
Excited
Exhilarated
Ecstatic
Elated
Exuberant
Thrilled

Peace

Peaceful
Calm
Comfortable
Centered
Content
Mellow
Relaxed
Trusting

Gladness

Delighted
Ecstatic
Enraptured
Glad
Happy
Joyful
Joyous
Pleased

Confidence

Confident
Empowered
Open
Proud
Safe
Secure

Gratitude

Grateful
Appreciative
Moved
Thankful
Touched

Energy

Refreshed
Energized
Invigorated
Renewed
Rested

Care

Affectionate
Compassionate
Loving
Sympathetic
Tender
Warm

Anticipation

Hopeful

Expectant

Encouraged

Optimistic

Wonder

Inspired

Amazed

In awe

Marvel

Feelings likely to occur when our needs are *not* being met

Fear	Disquiet	Disconnection	Anger
Afraid	Alarmed	Alone	Angry
Apprehensive	Agitated	Alienated	Enraged
Panicked	Disturbed	Apathetic	Furious
Petrified	Distraught	Bored	Indignant
Scared	Nervous	Detached	Irate
Terrified	Rattled	Disconnected	Livid
Wary	Troubled	Lonely	Outraged
Worried	Uneasy	Numb	Resentful
	Unsettled		
	Upset		

Irritation	Embarrassment	Pain	Insecurity
Annoyed	Ashamed	Guilty	Doubtful
Aggravated	Chagrined	Grief-stricken	Fragile
Displeased	Embarrassed	Envious	Helpless
Exasperated	Flustered	Hurt	Pessimistic
Impatient	Mortified	In pain	Powerless
Irritated	Self-conscious	Jealous	Vulnerable
		Regretful	Weak

Yearning	Fatigue	Tension	Aversion
Eager	Burned out	Anxious	Appalled
Longing	Depleted	Nervous	Contempt
Pining	Exhausted	Overwhelmed	Disgusted
	Spent	Tense	Hate
	Tired		Hostile
	Weary		Repulsed

Confusion	Sadness	Surprise	Discouragement
Ambivalent	Sad	Dismayed	Discouraged
Bewildered	Dejected	Surprised	Disheartened
Confused	Depressed	Shocked	Dispirited
Hesitant	Despondent	Consternated	Hopeless
Lost	Gloomy	Stunned	Despair
Puzzled	Sorrowful		
Torn	Unhappy		

INTERPRETATIONS PASSING AS FEELINGS

Interpretations passing as feelings are judgments in disguise. They evaluate what someone else is doing rather than describing how the speaker feels. Use this table to translate interpretations and help identify feelings connected to unmet needs.

Interpretation	Possible feelings	Possible unmet needs
Abandoned	Scared, frightened, alone, hurt, sad	Mattering, protection, safety, community, belonging, support, nurturing
Abused	Angry, furious, helpless, frustrated, hurt	Safety, respect, care
Attacked	Scared, hurt, angry	Safety, respect, care
Belittled	Angry, anxious, tense, distressed	Safety, respect, care, appreciation
Betrayed	Hurt, enraged, disappointed	Trust, honesty, care, consideration
Bullied	Angry, scared, hurt	Safety, respect, care
Cheated	Resentful, angry	Honesty, trust, care, consideration
Coerced	Furious, frustrated, frightened	Choice, autonomy, freedom, respect
Criticized	Hurt, in pain, anxious	Safety, respect, seen for one's intentions, understanding

Discounted	Embarrassed, hurt, angry, frustrated	Mattering, acknowledgment, appreciation, inclusion
Disrespected	Hurt, angry, resentful	Respect, consideration
Distrusted	Hurt, sad, frustrated	Trust, being seen for one's intentions
Harassed	Fearful, anxious, nervous	Respect, safety, consideration
Ignored	Alone, longing, hurt, lonely	Inclusion, belonging, care, mattering, connection
Insulted	Embarrassed, angry, hurt	Safety, respect, consideration, care
Intimidated	Hurt, alone, scared	Equality, safety, consideration, care
Invalidated	Angry, resentful	Appreciation, acknowledgment, recognition, being seen and heard, respect
Invisible	Alone, hurt, scared	Being seen and heard, mattering, belonging
Let Down	Disappointed, sad, angry	Trust, dependability, reliability
Manipulated	Angry, fearful, frustrated	Honesty, trust
Misunderstood	Hurt, alone, upset, frustrated	Understanding, being heard, being seen for one's motives
Neglected	Alone, hurt, scared	Connection, inclusion, belonging, care, nurture

Overpowered	Angry, scared, confused, helpless	Empowerment, mattering, respect, care, equality, freedom, choice
Patronized	Angry, resentful	Respect, equality, mutuality
Pressured	Tired, tense, anxious, overwhelmed	Space, freedom, choice, autonomy, respect, consideration, care
Put Down	Hurt, angry, resentful	Safety, respect, care, consideration
Rejected	Alone, scared, sad	Community, belonging, companionship, inclusion
Threatened	Scared, angry, agitated	Safety
Unheard	Angry, resentful, sad, alone	Being heard, respect, consideration, empathy
Unloved	Sad, hurt, scared	Connection, affection, care, mattering
Unwanted	Hurt, alone, fearful, anxious	Care, community, connection, mattering
Used	Angry, frustrated, resentful	Honesty, trust, consideration, respect, care
Violated	Furious, scared, hurt, anxious	Safety, respect, trust, care
Wronged	Angry, irritated, furious	Respect, honesty, trust, safety

Adapted from work by Susan Skye and Jorge Rubio, and Ike Lasater, Certified Trainers with the Center for Nonviolent Communication

NEEDS

Needs are essential to human life and are considered universal in NVC. In this inventory (which is not exhaustive), the needs are grouped by category.

Interdependence	Transcendence	Survival
Acceptance	Inspiration	Sustenance
Belonging	Beauty	Nurturance
Care	Harmony	Security
Connection	Flow	Access to resources
Cooperation	Celebration	Air
Community	Order	Water
Consideration	Creativity	Food
Empathy	Truth	Shelter
Understanding	Nature	
Presence		
Equality	Regeneration	Well-Being
Help	Rest	Self-connection
Support	Leisure	Mourning
Inclusion	Play	Healing
Mutuality		Inner peace
Shared power		Inner freedom
Trust		Peace of mind
Touch		Balance
Sexual expression		Ease
		Dignity
Autonomy	Honesty	Understanding
Freedom	Integrity	Clarity
Choice	Authenticity	Learning
Empowerment		
Space	Meaning	Safety
Self-expression	Purpose	Respect
	Contribution	Security
	To Matter	

SENSATIONS

The following is a list of physical sensations that can signal and point to emotions. Its purpose is to assist in connecting with the body and helping identify feelings and needs. This inventory is not exhaustive.

Breath/Lungs

Sighing
Shallow breath
Breathless
Suffocating

Nausea/Stomach

Butterflies (nervous stomach)
Queasy/Nauseous
Sick to one's stomach
Dizzy/Lightheaded

Pain

Achy/Sore
Prickly
Stinging
Stabbing

Moisture

Damp
Clammy
Sweaty
Dry mouth

Temperature

Chills
Cold
Warm/Hot
Flushed/Burning

Vibration

Ringing
Tingling
Goosebumps
Shivering/Shaking

Rhythmic Movement

Pulsations
Palpitations
Pulsing
Throbbing
Pounding

Irregular Movement

Convulsions
Twitchy/Jerky
Spasms
Fluttering
Floating/Flowing

Immobility/Tension

Contracted
Clenched
Knotted
Stiff
Tense/Tight
Frozen/Paralyzed

Space/Density

Open/Spacious

Expansive

Light

Congested/Constricted

Dense/Full/Stuffed

Heavy

Lack of Sensation

Numb

Empty

Hollow

Disconnected