

## A.2 Feelings / Emotions List

(Partial list. Internal sensations, without reference to thoughts or interpretations)

*Below are feelings likely to be present when our needs ARE or ARE NOT being met. This list is neither exhaustive nor definitive. It is meant as a starting place to support deepening self-discovery and to facilitate greater understanding and connection between people.*

### PEACEFUL

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

### LOVING

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

### GLAD

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

### PLAYFUL

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

### INTERESTED

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

### MAD

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

### SAD

lonely  
troubled  
helpless  
gloomy  
overwhelmed  
distant  
discouraged  
distressed  
dismayed  
disheartened  
despairing  
sorrowful  
unhappy  
depressed  
blue  
miserable  
melancholy

### SCARED

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

### TIRED

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

### CONFUSED

frustrated  
perplexed  
hesitant  
troubled  
uncomfortable  
withdrawn  
apathetic  
embarrassed  
hurt, hurting  
uneasy  
suspicious  
puzzled  
unsteady  
restless  
skeptical  
detached  
chagrined

## A.3 Non-Feeling Words

In our communication practice, we endeavor to create a quality of connection conducive to collaboration and willingness to meet the needs that are present.

The following words and phrases are used colloquially in English to describe feelings. While they refer to a certain emotional experience, they also include a story or interpretation implying blame or attributing intention to the other person. They are therefore *more* likely to elicit defensiveness or reactivity, and less likely to lead to understanding. As such, we endeavor to translate such words into clearer descriptions of the felt emotions we experience directly in our bodies.

### **Non-Feeling words that imply blame:**

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abandoned	disrespected	put down
abused	interrupted	rejected
attacked	intimidated	taken advantage of
betrayed	let down	taken for granted
boxed-in	manipulated	treated unfairly
bullied	mistrusted	threatened
cheated	misunderstood	unappreciated
coerced	neglected	unheard
co-opted	overworked	unseen
cornered	patronized	unsupported
diminished	pressured	unwanted
dismissed	provoked	used

### **Non-Feeling Grammatical Structure:**

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- “*I feel like...*”
- “*I feel that...*”
- “*I feel as if...*”

What follows these phrases will be a thought, judgment or interpretation rather than an emotion.