



Key Advice

Feelings and Needs Inventory by the Center for Nonviolent Communication

Feelings when needs are satisfied

Excited Amazed Animated Ardent Aroused Astonished Dazzled Eager Energetic Enthusiastic Giddy Invigorated Lively Passionate Surprised Vibrant Refreshed Enlivened Rejuvenated Renewed Rested Restored Revived	Exhilarated Blissful Ecstatic Elated Enthralled Exuberant Radiant Rapturous Thrilled Joyful Amused Delighted Glad Happy Jubilant Pleased Tickled	Peaceful Calm Clear-headed Comfortable Centered Content Equanimous Fulfilled Mellow Quiet Relaxed Relieved Satisfied Serene Still Tranquil Trusting Grateful Appreciative Moved Thankful Touched	Affectionate Compassionate Friendly Loving Open-hearted Sympathetic Tender Warm Inspired Amazed Awed Wonder Confident Empowered Open Proud Safe Secure	Engaged Absorbed Alert Curious Engrossed Enchanted Entranced Fascinated Interested Intrigued Involved Spellbound stimulated Hopeful Expectant Encouraged Optimistic
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Feelings and Needs Inventory by the Center for Nonviolent Communication

Feelings when needs are not satisfied

Afraid Apprehensive Dread Foreboding Frightened Mistrustful Panicked Petrified Scared Suspicious Terrified Wary Worried Confuse Ambivalent Baffled Bewildered Dazed Hesitant Lost Mystified Perplexed Puzzled Torn Tense Anxious Cranky Distressed Distraught Edgy Fidgety Frazzled Irritable Jittery Nervous Overwhelmed Restless Stressed out	Annoyed Aggravated Dismayed Disgruntled Displeased Exasperated Frustrated Impatient Irritated Irked Disconnected Alienated Aloof Apathetic Bored Cold Detached Distant Distracted Indifferent Numb Removed Uninterested Withdrawn Vulnerable Fragile Guarded Helpless Insecure Leery Reserved Sensitive Shaky	Angry Enraged Furious Incensed Indignant Irate Livid Outraged Resentful Disquiet Agitated Alarmed Discombobulated Disconcerted Disturbed Perturbed Rattled Restless Shocked Startled Surprised Troubled Turbulent Turmoil Uncomfortable Uneasy Unnerved Unsettled Upset	Aversion Animosity Appalled Contempt Disgusted Dislike Hate Horrified Hostile Repulsed 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 Yearning Envious Jealous Longing Nostalgic Pining Wistful
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Needs

Connection Acceptance Affection Appreciation Belonging Cooperation Communication Closeness Community Companionship Compassion Consideration Consistency Empathy Inclusion Intimacy Love Mutuality Nurturing Respect/self-respect Safety, security Stability Support To know and be known To see and be seen To understand and be understood Trust Warmth	Physical Well-being Air Food Movement/exercise Rest/sleep Sexual expression Safety Shelter Touch Water Honesty Authenticity Integrity Presence Autonomy Choice Freedom Independence Space Spontaneity Peace Beauty Communion Ease Equality Harmony Inspiration Order	Meaning Awareness Celebration of life Challenge Clarity Competence Consciousness Contribution Creativity Discovery Efficacy Effectiveness Growth Hope Learning Mourning Participation Purpose Self-expression Stimulation To matter Understanding Play Joy Humor
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