Feelings/Emotions - Partial List

(internal sensations, without reference to thoughts, interpretations)

The following are words we use when we want to express a combination of mental states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

A. Feelings we may experience when our needs are being met

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

B. Feelings we may experience when our needs are not being met

AFRAID	CONFUSED	EMBARRASSED	TENSE
apprehensive	ambivalent	ashamed	Anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	mortified	distraught
mistrustful	hesitant	self-conscious	edgy
panicked	lost		fidgety
petrified	mystified	FATIGUE	frazzled
scared	perplexed	beat	irritable
suspicious	puzzled	burnt out	jittery
terrified	torn	depleted	nervous
wary		exhausted	overwhelmed
worried	DISCONNECTED	lethargic	restless
	alienated	listless	stressed out
ANNOYED	aloof	sleepy	
aggravated	apathetic	tired	VULNERABLE
dismayed	bored	weary	fragile
disgruntled	cold	worn out	guarded
displeased	detached		helpless
exasperated	distant	PAIN	insecure
frustrated	distracted	agony	leery
impatient	indifferent	anguished	reserved
irritated	numb	bereaved	sensitive
irked	removed	devastated	shaky
	withdrawn	grief	
ANGRY	• - · - · · - 	heartbroken	YEARNING
angry	DISQUIET	hurt	envious
enraged	agitated	lonely	jealous
furious	alarmed	miserable	longing
incensed	discombobulated	regretful	nostalgic
indignant	disconcerted	remorseful	pining
irate	disturbed		wistful
livid	perturbed	SAD	
outraged	rattled	depressed	
resentful	restless	dejected	
	shocked	despair	
AVERSION	startled	despondent	
Animosity	surprised	disappointed	
appalled	troubled	discouraged	
contempt	turbulent	disheartened	
disgusted	turmoil	forlorn	
dislike	uncomfortable	gloomy	
hate	uneasy	heavy hearted	
horrified	unnerved	hopeless	
hostile	unsettled	melancholy	
repulsed	upset	unhappy	

(This list is a collaborative effort of many, and adapted from Marshall Rosenberg's original list)

wretched