

NONVIOLENT COMMUNICATION FEELINGS INVENTORY

Getting specific about your feelings is one way to increase intimacy in relationships and self-awareness.

Challenge yourself to get specific about your feelings and notice the impact on your self-connection and connection to others.

Use this list when reflecting on a situation and circle all the feelings that show up for you. Take note of any themes you notice.

You can also use it to envision change. Identify how you would like to feel in the situation to shift your thinking and change the conversation.

If you need help clarifying your feelings [schedule a free consultation](#), I'm happy to help you.

ANGRY

impatient
vengeful
resentful
peeved
frustrated
outraged
huffy
hostile
disgusted
judgmental
furious
repulsed
appalled
rattled
shocked
dismayed
exasperated
bitter
repulsed
irritated
grouchy
mad
vengeful
disempowered

SAD

depleted
depressed
gloomy
hopeless
troubled
lonely
miserable
regretful
heartbroken
grief
longing
wistful
disappointed
heavy
restless
wistful
withdrawn
mournful
downcast
sorrowful
tearful
tender
melancholic
discouraged

JOYFUL

glad
appreciative
compassionate
calm
loving
friendly
playful
grateful
empowered
contemplative
confident
proud
excited
confident
energetic
relaxed
relieved
refreshed
peaceful
exhilarated
inspired
powerful
courageous
excited

AFRAID

worry
dread
insecure
scared
anxious
terrified
concerned
nervous
shocked
threatened
wary
cautious
suspicious
self-conscious
apprehensive
guarded
defensive
tense
uptight
disturbed
timid
shy
alarmed
shocked