

NONVIOLENT COMMUNICATION THOUGHTS & FEELINGS

Use the log below to note your judgments and feelings from the scenario we're working with. List your thoughts without editing until you feel complete. Be as honest as you can.

Then notice the corresponding feeling (or feelings) for each thought. You can use the list of feelings on the next page if you need ideas.

You may notice more than one feeling shows up repeatedly, that's just fine. Or you may notice additional thoughts show up when you fill in your feelings, that's okay, add them to the bottom of your thought list.

I've included a few examples to help you get started.

[illegible]

FEELINGS

ANGRY

impatient
vengeful
resentful
peevish
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withdrawn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