



What you will find in this document is my interpretation of the specific information that each emotion is trying to convey when we feel it. The list comes from the Center for Nonviolent Communication's feelings inventory.

You can find the full list here:

<https://www.cnvc.org/training/resource/feelings-inventory>

AFRAID

- afraid/scared/frightened – there is a perceived danger
- apprehensive – worried that my next actions aren't going to be the right action to solve the problem or danger
- dread – something is going to go wrong that I don't control
- foreboding – something bad is going to happen, not right now, but soon, and there is no way to stop it and I'm not exactly sure what that danger is
- mistrustful – the things that normally keep me safe might/probably are going to let me down
- panicked – something bad is going to happen right now
- petrified – afraid, nothing I can do, and any action I take will make it worse OR I have no clue what to do next
- suspicious – someone or something is out to get me
- terrified – there is immediate physical or emotional danger
- wary – uncertain about the outcome
- worried – consumed with what is going wrong or what is going to go wrong in the future



ANNOYED

- frustrated – my desires are not being met
- aggravated – it is not going as planned and it feels out of my control
- dismayed – it is not going as planned, there is little I can do about it, and the outcome is costly
- disgruntled – it isn't working out in a way that feels unfair and personal
- displeased – I don't like the outcome
- exasperated – things keep going wrong and are out of my control
- impatient – the outcome I want is not coming soon enough
- irritated – it is painful to not have my desires (or desired outcome)
- irked – something that is negative and small is happening which is making it difficult for me to have/do what I want

ANGRY

- angry – there is a perceived attack
- enraged/furious/incensed/irate/livid – there is a perceived attack and I am ready to fight right now
- indignant – what is going wrong feels beneath me to think about or deal with
- outraged – there is a perceived attack on something bigger than me like a system or structure
- resentful – someone else is getting an outcome that feel unjust because they are getting it or I am not getting it or both



AVERSION

- animosity – I want bad things to happen to someone else
- appalled – what is going wrong violates my standards, community standards, or human decency
- contempt – this is beneath me
- disgusted – the outcome is so bad it is revolting
- dislike – outcome is not what I want
- hate – the outcome/situation/thing is so bad that I want to snuff it out from existence
- horrified – the outcome is so bad it has shaken me to my core
- hostile – I want harm to happen to someone else
- repulsed – I don't want to be near the thing that is bad

CONFUSED

- ambivalent – I don't care about the outcome
- baffled – what is going on makes no logical sense at all
- bewildered – I don't understand what is going on or what to do
- dazed – I can't see clearly what is going on
- hesitant – I am uncertain of what action to take or if my planned action is the right action to take
- lost – I don't know what to do or where to turn
- mystified – I can't comprehend what is going on
- perplexed – I can't figure out what to do or what is going on
- puzzled – I am confused by what is going on or what to do
- torn – I am not sure which action/outcome is best as there are pros and cons to both



DISCONNECTED

- alienated – I am being pushed out for unjust reasons
- apathetic – why bother trying, it won't do any good
- bored – i am longing for growth, change, or entertainment and I can't find it here
- cold – there is no emotional connection to what is going on
- detached – it is not safe or not useful to connected
- distant – I am aware but don't feel connected
- distracted – for some reasons I don't want or can't to focus on what is going
- indifferent – I have no emotional investment in the outcome
- numb – I don't want to, can't, or it is unsafe to connect
- removed – there is distance between me and what is going on because I don't care or it is unsafe for me to be connected
- uninterested – it is not worth my time or energy to engage
- withdrawn – in need to pull back to so I can do something else (like recharge)

DISQUIET

- agitated – what is going on make me feel off
- alarmed – something bad is going to happen that shouldn't happen
- discombobulated – I don't understand what is going on or where I stand
- disconcerted/disturbed – there is something that I don't like that might cause me pain
- rattled – I have lost connection with my normal resources and resource state
- restless – there is something better or more fulfilling somewhere else
- shocked – something dramatic and unexpected has happened
- startled – something dramatic and unexpected has happened right now
- surprised – something unexpected has happened
- troubled – the current path has me worried



TAPPINGQ&A

- turbulent/turmoil – it is unsettled and I can't find my footing
- uncomfortable – because things are the way I like I am not on firm footing
- uneasy/unsettled/unnerved – something is not quite right and I don't know what it is
- upset – I really don't like what is going on

EMBARRASSED

- ashamed – I am bad/wrong
- chagrined – I don't like what is going on and I want to hide away
- flustered – i am doing a bad job and it is getting in the way of my next action
- guilty – I did bad/wrong
- mortified – others can see that I am bad or wrong
- self-conscious – others are going to notice and judge me

FATIGUE

- beat/tired/worn out – I have used up my resources
- burnt out – I have used up my resources and there is not quick way back
- depleted – I normally have access to the necessary resources, but don't right now
- exhausted – I don't have access to the bare minimum of resources
- lethargic – it is a great effort to do anything
- listless – not only do I lack energy, but I lack motivation
- sleepy – my body needs rest
- weary – I am emotionally tired



PAIN

- agony – I am in severe pain and it feeling like is is never going to end
- anguished – this is hurting me on a deep emotional level
- devastated – it is so bad that nothing I can do will fix it and there is no coming back from what went wrong
- grief/bereaved – I am disconnected from something or someone one important
- heartbroken – I have lost something that is the most meaningful to me and I am now incomplete
- hurt – I am in pain and it feels very personal
- lonely – I am lacking connection to others
- miserable – what is going bad has infected every part of me
- regretful – I have wasted resources or opportunity that I can't get back
- remorseful – I did something that hurt myself or others

SAD

- depressed – it is not going as planned and it has zapped my will to act
- dejected – it isn't going the wayI would and I can't do anything about it
- despair – it is not going as planned and that will not change
- despondent – isn't working out the way I like and it isn't going to change
- disappointed – it didn't work out the way I liked
- discouraged – it doesn't seem likely it will work out
- disheartened/forlorn – the situation has zapped my motivation
- gloomy/melancholy – the sadness I am feeling about one things means everything isn't working
- heavy hearted – the sadness I am feeling is not about a moment, but something much bigger
- hopeless – nothing I can do will make a difference
- unhappy – it is not going the wayI would like



TENSE

- anxious/distressed – I am worried it is not going as planned
- cranky – things are going the way I like and it is making my snappy
- distraught – it is going badly and there is nothing I can do about it
- edgy/jittery – something is going to go wrong, but I don't know what it is
- fidgety – I want to move or take action
- frazzled – I don't have access to my normal resource
- irritable – I can't take one more negative thing because they feel much bigger than they are
- nervous – something is going to go wrong and I'm not sure I can handle it
- overwhelmed – I don't have the resources I need to get done what I think needs to be done
- restless – I want to take action but I can't or am unsure what to do
- stressed out

VULNERABLE

- fragile – what happens, not matter how small is going to deal me a significant, painful blow
- guarded – something going wrong could happen at any moment in an unexpected way
- helpless – I have no options or resources to make it better
- insecure – worried that what I have (skills, opportunity, resources, context) is not enough to have what I need
- leery – there is something I can't trust
- reserved – don't necessary what to share what I know or have as a way of keeping myself safe
- sensitive – i am exposed and could be easily injured
- shaky – where I am standing (context, emotion, physically) might fail in supporting my needs



YEARNING

- envious/jealous – I want what someone else has (and there might be sense of injustice in that desire)
- longing – I want something better
- nostalgic – wanting to be the way I want to remember it in the past
- pining – I want something better and it is painful not to have it
- wistful – wanting something better that feels impossible

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