

Pleasant (expansion)

Feelings - Sensations - Emotions

Unpleasant (constriction)

CALM

relaxed
serene
tranquil
peaceful
quiet
at ease
comfortable

trusting
relieved
centered
content
fulfilled
satisfied
mellow

HAPPY

amused
animated
delighted

glad
joyful
pleased

CURIOUS

fascinated
interested
involved
engaged
inspired

REFRESHED

rested
enlivened
restored
reactivated
clearheaded

LIVELY

excited
enthusiastic
eager
energetic
passionate
vibrant
anticipation

blissful
ecstatic
radiant
thrilled
astonished
amazed
optimistic

COMPASSION

tender
warm
openhearted
loving

affection
friendly
sympathetic
touched

GRATEFUL

appreciative
thankful
moved
encouraged

CONFIDENT

empowered
open
proud
safe
hopeful

CONFUSED

torn
lost
hesitant
baffled
perplexed
puzzled

FEAR

afraid
scared
suspicious
panicked
paralyzed
terrified
apprehensive

VULNERABLE

fragile
insecure
reserved
sensitive

JEALOUS

envious

FATIGUE

overwhelmed
burn-out
exhausted
sleepy
tired

BODY SENSATIONS

pain
tense
shaky
breathless
squeezed

shrink
sick
weak
empty
choked

UNCOMFORTABLE

troubled
unsettled
restless
disquiet
agitated

disturbed
cranky
shocked
surprised
alert
uneasy

SAD

heavy hearted
disappointed
discouraged
melancholy
depressed
gloomy

pity
longing
despair
helpless
hopeless
nostalgic

PAIN

hurt
heartbroken
lonely
miserable
suffer
grief

agony
devastated
regretful
remorseful
guilt
turmoil

ANNOYED

irritated
frustrated
impatient

displeased
exasperated
unsatisfied

WORRIED

concerned
stressed
nervous
anxious
edgy
unquiet

EMBARRASSED

ashamed
shy

BORED

disconnected
alienated
apathetic
cold
numb
withdrawn
impatient

ANGRY

upset
furious
rage
resentful

HATE

dislike
hostile
aversion
bitter
disgusted
scorn

Nonviolent Communication