

Feelings & Sensations

Annoyed bitter edgy exasperated frustrated impatient irritable irked	Discomfort agitated alarmed discombobulated disturbed perturbed rattled restless shocked startled surprised troubled turbulent uncomfortable uneasy unsettled	anxious distress frightened hesitant nervous panicked paralyzed petrified scared tense terrified worried	unhappy wretched	Affectionate compassionate friendly loving sympathetic tender warm	Grateful appreciative moved thankful touched hopeful encouraged expectant optimistic
Angry agitated enraged exasperated furious irate outraged resentful upset	Disconnected ambivalent apathetic bored distant distracted indifferent numb uninterested withdrawn	Pain agony bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful	Stress/Tired Burned out depleted exhausted listless overwhelmed restless weary worn out	Interested absorbed alert curious enchanted engaged fascinated intrigued spellbound stimulated	Peaceful calm comfortable centered composed content fulfilled relaxed relieved satisfied
Aversion appalled contempt disgusted dislike horrified repulsed	Embarrassed ashamed flustered guilty self-conscious	Sad depressed despondent disappointed discouraged disheartened dismayed gloomy heavy- hearted hopeless troubled	Vulnerable fragile guarded helpless insecure leery reserved sensitive shaky	Glad alive amazed amused awed encouraged energetic enthusiastic excited grateful happy hopeful inspired invigorated joyful motivated pleased thrilled wonder	Rested alert alive energized invigorated refreshed rejuvenated relaxed renewed strong
Confused baffled bewildered dazed hesitant lost mystified perplexed puzzled torn			Yearning envious jealous longing pining wishful		

Feelings based on the book by Marshall B. Rosenberg, Ph.D. titled "Nonviolent Communication"

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The following are samples of sensation words, i.e., a felt sense within the body, not emotion. Pay attention to temperature, texture, movement or image to determine the description of sensations.

vibrating	smooth	sparkly	clammy
expanded	loose	rhythmic	rigid
relaxed	slow	snappy	stiff
bubbly	settled	soft	cold
flowing	heavy	pulsing	icy
streaming	quiet	still	hard
tingling	contained	jumpy	stuck
warm	uplifted	hot	
gentle	buzzy	twitchy	