

FREE WORKSHEET · REFERENCE + PRACTICE

Feelings Inventory

NVC asks you to say what you feel — not what you think the other person did. “I feel ignored” is a judgment in disguise; “I feel lonely” is a feeling. Use these lists to find the precise word, then practice below.

When your needs ARE being met

grateful	relieved	eager	proud
content	secure	energized	refreshed
hopeful	affectionate	engaged	tender
inspired	confident	excited	touched
joyful	curious	moved	trusting
peaceful	delighted	optimistic	warm

When your needs are NOT being met

afraid	embarrassed	hurt	resentful
anxious	exhausted	impatient	restless
annoyed	frustrated	irritated	sad
angry	guilty	lonely	tense
confused	heartbroken	overwhelmed	uneasy
discouraged	helpless	reluctant	vulnerable

Faux feelings (judgments wearing a feeling costume)

Ignored, rejected, betrayed, manipulated, disrespected, abandoned, used, unappreciated... Each of these describes what you believe someone **did to you**. Ask: when I think that, what do I actually feel? (Usually: hurt, lonely, scared, or angry.)

Practice

Right now I feel... (pick 2–3 words from the lists)

A “faux feeling” I often use, and the real feeling underneath it:

Example: “I feel dismissed” → underneath: hurt, and wanting to matter.
