Feelings Inventory
How we are likely to feel when our needs ARE satisfied

**AFFECTIONATE**
- compassionate
- friendly
- loving
- open hearted
- sympathetic
- tender
- warm

**CONFIDENT**
- empowered
- open
- proud
- safe
- secure

**ENGAGED**
- absorbed
- alert
- curious
- engrossed
- enchanted
- entranced
- fascinated
- interested
- intrigued
- involved
- spellbound
- stimulated

**EXCITED**
- amazed
- animated
- ardent
- aroused
- astonished
- dazzled
- eager
- energetic
- enthusiastic
- giddy
- invigorated
- lively
- passionate
- surprised
- vibrant

**EXHILARATED**
- blissful
- ecstatic
- elated
- enthralled
- exuberant
- radiant
- rapturous
- thrilled

**GRATEFUL**
- appreciative
- moved
- thankful
- touched

**HOPEFUL**
- expectant
- encouraged
- optimistic

**JOYFUL**
- amused
- delighted
- glad
- happy
- jubilant
- pleased
- tickled

**PEACEFUL**
- calm
- clear headed
- comfortable
- centered
- content
- equanimous
- fulfilled
- mellow
- quiet
- relaxed
- relieved
- satisfied
- serene
- still
- tranquil
- trusting

**REFRESHED**
- enlivened
- rejuvenated
- renewed
- rested
- restored
- revived
## Feelings Inventory
How we are likely to feel when our needs are NOT satisfied

<table>
<thead>
<tr>
<th>AFRAID</th>
<th>annoys</th>
<th>aversion</th>
<th>conexión</th>
<th>disquiet</th>
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<tr>
<td>apprehensive</td>
<td>dread</td>
<td>afraid</td>
<td>worried</td>
<td>anxious</td>
<td>jarred</td>
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<td>mistrustful</td>
<td>panicky</td>
<td>stressed</td>
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<td>terrified</td>
<td>scared</td>
<td>suspicious</td>
<td>wary</td>
<td>tired</td>
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</tr>
</tbody>
</table>
## Needs Inventory

### CONNECTION
- acceptance
- affection
- appreciation
- belonging
- caring
- cooperation
- communication
- closeness
- community
- companionship
- compassion
- consideration
- consistency
- cooperation
- emotional safety
- empathy
- familiarity
- inclusion
- interdependence
- intimacy
- love
- mutuality
- nurturing
- partnership
- reciprocity
- respect/self-respect
- safety
- self-acceptance
- self-worth
- sensitivity
- solidarity
- support
- to know and be known
- to see and be seen
- to understand and be understood
- trust
- warmth

### PHYSICAL WELL-BEING
- air
- balance
- comfort
- food
- movement/exercise
- protection
- rest/sleep
- relaxation
- sexual expression
- safety
- shelter
- touch
- water

### HONESTY
- authenticity
- integrity
- presence
- transparency

### PLAY
- adventure
- fun
- joy
- humor
- laughter
- spontaneity

### PEACE
- beauty
- communion
- ease
- equality
- equanimity
- harmony
- inspiration
- order
- tranquility

### MEANING
- aliveness
- awareness
- awe
- celebration of life
- challenge
- clarity
- competence
- consciousness
- contribution
- creativity
- discovery
- efficacy
- effectiveness
- growth
- hope
- learning
- mourning
- mystery
- participation
- purpose
- self-expression
- stimulation
- to matter
- understanding
- wholeness
- wonder

### AUTONOMY
- choice
- confidence
- freedom
- independence
- privacy
- space
Basic Outline of NVC model

When I see/hear _______________________

I feel ________________________________

because my need for _____________ is/is not met.

Would you be willing to ___________________?