



Kirsten Kristensen

Kommunikation for Livet

Nonviolent Communication

Some words for feelings, that most can recognise.

Feelings when needs **ARE** met

Absorbed	Content	Happy	Present
Adventurous	Courageous	Healthy	Proud
Affectionate	Curious	High	Ready
Alive	Delighted	Hopeful	Refreshed
Amazed	Eager	Inspired	Relaxed
Appreciative	Ecstatic	Interested	Relieved
Apprehensive	Effervescent	Joyful	Rested
Attentive	Elated	Jubilant	Revived
Attracted	Empowered	Lively	Safe
Bold	Energetic	Loving	Satisfied
Breathless	Engaged	Merry	Soft
Brilliant	Enthusiastic	Moved	Stimulated
Calm	Excited	Open	Sure
Captivated	Fascinated	Optimistic	Surprised
Centred	Fond	Overjoyed	Tender
Cheerful	Free	Overwhelmed	Thankful
Clear	Friendly	Peaceful	Touched
Comfortable	Fulfilled	Playful	Uplifted
Confident	Grateful	Pleased	Warm

*The cause of feelings is sought in the inner life in the form of needs:
I feel ... **because** I have a need for ...*



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LIVKOM 
Livsberigende kommunikation



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Feelings when needs **ARE NOT** met

Afraid	Dissatisfied	Indolent	Shaken
Aggressive	Distant	Insane	Shame
Angry	Disturbed	Insecure	Shocked
Angst	Embarrassed	Irritated	Stressed
Annoyed	Excited	Jealous	Stuck
Anxious	Exhausted	Lazy	Surly
Apathetic	Fragile	Lonely	Surprised
Ashamed	Frantic	Longing	Suspicious
Awkward	Frightened	Lost	Tense
Bewildered	Frustrated	Mad	Terrified
Bitter	Furious	Melancholic	Tired
Bored	Grumpy	Miserable	Tormented
Cold	Guarded	Nervous	Uncertain
Concerned	Guilty	Numb	Uncomfortable
Confused	Hateful	Overwhelmed	Uneasy
Dead	Heavy	Panic	Unhappy
Depressed	Helpless	Regretful	Unpleasant
Despair	Hesitant	Reluctant	Upset
Desperate	Hopeless	Resentful	Vulnerable
Disappointed	Hesitant	Restless	Weak
Disconnected	Hurt	Sad	Worn out
Discouraged	Impatient	Scared	Worried
Disgusted	Indifferent	Sceptical	

*The cause of feelings is sought in the inner life in the form of needs:
Do you feel ... because you have a need for ...?*

The list is for inspiration, it is not exhaustive.



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