

FEELINGS

Able	Competitive	Enchanted
Absorbed	Confident	Energetic
Accepting	Confused	Enervated
Aching	Connected	Engrossed
Active	Conspicuous	Enthusiastic
Adequate	Contempt	Envious
Adamant	Contented	Erotic
Adventurous	Contrite	Exasperated
Affectionate	Cosy	Excited
Afraid	Courageous	Exhausted
Agony	Crazy	Exhilarated
Alert	Cross	Expansive
Alive	Cruel	Explosive
Amazed	Curious	Expressive
Ambivalent	Cynical	Exuberant
Amused	Daring	Evil
Angry	Daunted	Fascinated
Animated	Dazzled	Fearful
Annoyed	Dead	Flat
Anxious	Deceitful	Flighty
Apathetic	Decisive	Flustered
Apprehensive	Defensive	Fond
Aroused	Deflated	Foolish
Astounded	Delighted	Forgotten
Aversion	Desire	Fragile
Awed	Desirable	Frantic
	Desirous	Friendly
Balanced	Despair	Frightened
Beautiful	Despondent	Frustrated
Bitter	Destructive	Free
Blank	Detached	Fulfilled
Blissful	Determined	Full
Blue	Devotion	Fun
Bold	Different	Furious
Bored	Diffident	
Brave	Disagreeable	Generous
Bright	Disappointed	Giving
Brilliant	Discontented	Glad
Bubbly	Discouraged	Gloomy
Buoyant	Disdain	Glowing
	Disgusted	Grateful
Calm	Disorganised	Gratified
Capable	Distaste	Greedy
Carefree	Distracted	Grief
Caring	Distraught	Grounded
Cautious	Disturbed	Grumpy
Centred	Down	
Cheerful	Drained	Happy
Cheerless	Dubious	Hate
Childlike	Dull	Healthy
Clean	Dumb	Heavenly
Clear	Eager	Heavy
Close	Ecstatic	Helpful
Cold	Elated	Helpless
Combative	Electrified	Hesitant
Comfortable	Embarrassed	High
Compassionate	Empathetic	Holy
Competent	Empty	Homesick
		Hopeful

Hopeless	Mellow	Responsible
Horrible	Merry	Restless
Horror	Mischievous	Reverent
Hostile	Miserable	Revulsion
Hot	Misgiving	
Humourous	Mopey	Sad
Humble	Mortified	Sated
Hungry	Mystical	Satisfied
Hurt		Scared
Hysterical	Naughty	Secure
	Nervous	Selfish
Immortal	Neutral	Sensitive
Impatient	Numb	Sensual
Impotent		Serene
Impressed	Obnoxious	Servile
Inadequate	Obsessed	Settled
Indifferent	Odd	Sexy
Indignant	Open	Shaky
Inert	Optimistic	Shut down
Infatuated	Outraged	Silent
Infuriated	Overjoyed	Shocked
Inquisitive	Overwhelmed	Silly
Inspired		Sceptical
Insignificant	Pain	Sleepy
Integrated	Panicked	Small
Interested	Paralysed	Sneaky
Intrigued	Passionate	Solemn
Invigorated	Patient	Sorrowful
Involved	Peaceful	Sorry
Irritated	Perplexed	Spirited
Isolated	Petrified	Spiritual
	Pity	Spiteful
Jealousy	Playful	Spontaneous
Jittery	Pleasant	Spunky
Joyful	Pleased	Stable
Jubilant	Powerful	Startled
Jumpy	Powerless	Still
	Pressured	Stingy
Keyed up	Prissy	Strange
Kind	Protective	Strong
	Proud	Stuck
Lazy	Puzzled	Stupid
Lecherous		Stunned
Lethargic	Quarrelsome	Stupefied
Light	Quiet	Suffering
Light-hearted		Surprised
Listless	Radiant	Sympathetic
Lively	Rage	
Lonely	Rapture	Talkative
Longing	Real	Teary
Loose	Receptive	Tempted
Lovable	Refreshed	Tenacious
Loving	Regret	Tender
Low	Relaxed	Tenuous
Lustful	Relieved	Tense
	Reluctant	Tentative
Mad	Remorse	Terrible
Manic	Repulsion	Terrified
Mean	Resistant	Thirsty
Melancholy	Respectful	Thrilled

Torn
Touched
Tranquil
Troubled
Trusting
Turned off
Turned on

Uncertain
Uninterested
Union
Upset
Uptight
Useful

Vexed
Vibrant
Vital
Vile
Vindictive
Vulnerable

Warm
Wary
Weak
Weary
Whimsical
Whizzy
Wishy-Washy
Whole
Wobbly
Worried

Yearning

Zany
Zestful

When is a feeling not a feeling?

1. Confusing feelings with thoughts: "I feel ...

- ... that such and such
- ... you / I / we / they ...
- ... a need to ...
- ... like ...
- ... it's ...

These are really expressing a diagnosis, analysis, interpretation, need or request.

2. Confusing feelings with judgmental thoughts: "I feel ...

- ... guilt / shame
- ... angry with you / her/ them

These are words encoding some kind of blame, moralising or judging (the first, in relation to ourselves, the second, in relation to others) and give clues to an unmet need (see sheet 'Universal Human Needs').

3. Confusing feelings with interpretations: "I feel ... ignored, rejected, attacked, abandoned, misunderstood ..." These statements imply interpretations of other people's behaviours – ie someone else is ignoring, rejecting, attacking me etc. How do you *feel* when the other person is doing these things?

4. Confusing feelings with needs: "I feel loved, respected, trusted, understood, acknowledged ..." This is really naming what need of ours is being met, without indicating how we *feel* when that need is met. The statement may also imply a belief about the meaning or motive of someone else's behaviour.

5. Confusing feelings with stimulus:

- "You made me feel x ...
- "I feel x because you

The outward event (maybe someone else's behaviour) brought us into semi-awareness of our own need. Our own met or unmet need then triggered our *feeling*. This is an example of holding someone else responsible for what I feel. We are *always* totally responsible for the feelings we have - they arise from our own interpretation of situations, our needs, and how we choose to respond. A feeling is a *response* of ours.

6. When we hear someone being unclear about feelings in the ways described above, rather than judge them, we can listen actively for what they are not managing to articulate. We can focus on what feelings and needs are alive in the person, and ask about these.

[Thanks to Marshall Rosenberg's model of Non-Violent Communication (www.cnvc.org) for these ideas, and also to Bridget Belgrave (www.GnB.org.uk).]