FEELINGS

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

INSPIRED
Amazed
Awed
Wonder

EXCITED
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
Centred
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

REFRESHED
Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

AFRAID
Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrified
Scared
Suspicious
Terrified
Wary
Worried
Concern

ANNOYED
Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irked

ANGRY
Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

AVERSION
Animosity
Appalled
Contempt
Disgusted
Dislike
Hate
Horrified
Hostile
Repulsed

CONFUSED
Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

DIS-CONNECTED
Aloof
Apathetic
Bored
Cold
Detached
Distant
Distracted
Indifferent
Numb
Removed
Uninterested
Withdrawn

DISQUIET
Agitated
Alarmed
Discombob-ulated
Disconcerted
Disturbed
Perturbed
Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

EMBARRASSED
Ashamed
Chagrined
Flustered
Mortified
Self-conscious

FATIGUE
Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Weary
Worn out

PAIN
Agony
Anguished
Bereaved
Devastated
Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

SAD
Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy hearted
Hopeless
Melancholy
Unhappy
Wretched

TENSE
Anxious
Cranky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed out

VULNERABLE
Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Sensitive
Shaky

YEARNING
Envious
Jealous
Longing
Nostalgic
Pining
Wistful

Inhibitory or avoidant feelings – look deeper
Anger
Depression
Anxiety
Shame
Guilt

Story Words
Abandoned
Attacked
Criticised
Betrayed
Blamed
Bullied
Controlled
Manipulated
Neglected
Rejected
Trampled
Unheard
Unsupported
Too much
Worthless
Broken

NEEDS

subsistence and security

Physical sustenance
Air
Food
Health
Movement
Physical Safety
Rest / sleep
Shelter
Touch
Water

Security
Consistency
Order/Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trusting

freedom

Autonomy
Choice
Ease
Independence
Power
Self-responsibility
Space
Spontaneity

Leisure/Relaxation
Humour
Joy
Play
Pleasure
Rejuvenation

connection / interdependence

Affection
Appreciation
Attention
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual expression
Support
Tenderness
Warmth

To matter
Acceptance
Care
Compassion
Consideration
Empathy
Respect
To be heard, seen
To be known, understood
To be trusted
Understanding others
Mutual Recognition
Kindness

Community
Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality
Participation
Partnership
Self-expression
Sharing

meaning

Sense of self
Authenticity
Competence
Connection to body
Connection to nature
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-acceptance
Self-care
Self-connection
Self-knowledge
Self-realization

Mattering to myself
Understanding
Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation

Meaning
Challenge
Aliveness
Consciousness
Contribution
Effectiveness
Exploration
Integration
Purpose

Transcendence
Beauty
Celebration of life
Communion
Connection to spirit
Faith
Flow
Hope
Inspiration
Mourning
Peace (internal)
Presence

untanglethis.com

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Based on Nonviolent Communication by Marshall Rosenberg

UntangleThis

Observation – what happened?
What would a video camera see and hear?

Feelings – what is going on in my body?

Needs – What met or unmet needs led to those feelings? What am I truly longing for?

Request – Have I created connection?
How might I begin to meet those needs?

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