Feelings Inventory

Feelings likely to be present when our needs are or are not being met. These lists can help us gain clarity about our feeling by finding a word that might fit our feeling better than the few feeling words we mostly rely on (the words at the beginning of each list). It can help us expand our feelings vocabulary.

These lists are neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

<table>
<thead>
<tr>
<th>Absorbed</th>
<th>Adorable</th>
<th>Confident</th>
<th>Adventurous</th>
<th>Absorbed</th>
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<tbody>
<tr>
<td>Blissful</td>
<td>Admiring</td>
<td>Delighted</td>
<td>Alive</td>
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<td>Buoyant</td>
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<td>Excited</td>
<td>ELECTRIFIED</td>
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<td>Exuberant</td>
<td>Curious</td>
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<td>Grateful</td>
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<td>Giddy</td>
<td>Eager</td>
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<td>Goofy</td>
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<td>Hopeful</td>
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<td>Helpful</td>
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<td>Jubilant</td>
<td>Inquisitive</td>
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<td>Inspired</td>
<td>Lively</td>
<td>Intense</td>
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<td>Rested</td>
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<td>Surprised</td>
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<td>Surprised</td>
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<tr>
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<td>Lonely</td>
<td>Nervous</td>
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<td>Surprised</td>
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<td>Surprised</td>
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<tr>
<td>Hostile</td>
<td>Overwhelmed</td>
<td>Shocked</td>
<td>Satisfied</td>
<td>Surprised</td>
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<tr>
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<td>Surprised</td>
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<tr>
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<td>Surprised</td>
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<tr>
<td>Pessimistic</td>
<td>Violent</td>
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</tbody>
</table>

For more information on Nonviolent Communication, please check out http://www.cnvc.org
To learn how to integrate NVC to transform pain into wholeness, please check out http://www.yourlifeisagarden.com
Needs Inventory

This list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

We often find that synonyms to the words listed here fit better. To facilitate this process, the needs are grouped by theme. Find the word that resonates with you. Remember that it might not even be on this list.

You might find it useful to highlight needs that you notice frequently during your self-discovery. These are your core needs.

- Air
- Balance
- Comfort
- Food
- Nourishment
- Physical Well-Being
- Protection
- Rest/sleep
- Sexual expression
- Safety
- Shelter
- Sustenance
- To Thrive
- Touch
- Water
- Authenticity
- Honesty
- Integrity
- Presence
- Self-worth
- Transparency
- Adventure
- Celebration of life
- Humor
- Joy
- Laughter
- Movement/exercise
- Mourning
- Play
- Recreating
- Spontaneity
- Beauty
- Communion
- Ease
- Equality
- Equanimity
- Harmony
- Inspiration
- Order
- Peace
- Tranquility
- Wonder
- Aliveness
- Awareness
- Awe
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Hope
- Learning
- Meaning
- Participation
- Purpose
- Self-Expression
- Stimulation
- Understanding
- Wholeness
- Acceptance
- Affectation
- Appreciation
- Belonging
- Closeness
- Communication
- Community
- Companionship
- Compassion
- Connection
- Consideration
- Consistency
- Cooperation
- Empathy
- Inclusion
- Interdependence
- Intimacy
- Love
- Mutuality
- Nurturing
- Respect/Self-respect
- Security
- Stability
- Support
- Trust
- Warmth
- Autonomy
- Choice
- Freedom
- Independence
- Privacy
- Space

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