

Compassionate Communication

feelings when needs are NOT being met:

AFRAID

apprehensive
fearful
frightened
mistrustful
panicked
scared
terrified
worried

ANNOYED

aggravated
bothered
displeased
frustrated
irritated
upset

ANGRY

bitter
contempt
enraged
furious
livid
outraged
resentful

ANXIOUS

agitated
alarmed
concerned
disturbed
flustered
restless
shocked
startled
troubled

uncomfortable
uneasy
unnerved
unsettled
upset

AVERSION

disgusted
hate
horrificed
hostile
repulsed

CONFUSED

ambivalent
bewildered
conflicted
lost
puzzled
torn

DISCONNECTED

apathetic
bored
detached
distant
envy
indifferent
longing
numb
removed
withdrawn
yearning

EMBARRASSED

ashamed
mortified
self-conscious

FATIGUED

beat
burned out
depleted
exhausted
lethargic
sleepy
tired
weary
wiped out
worn out

IN PAIN

devastated
distressed
grief
heartbroken
hurting
lonely
miserable
regretful
troubled

SAD

depressed
dejected
disappointed
discouraged
disheartened
despondent
gloomy
hopeless
miserable
remorseful

TENSE

anxious
cranky
distraught
frazzled
nervous
overwhelmed
restless
stressed out

VULNERABLE

exposed
fragile
guarded
helpless
insecure
jealous
sensitive
unsafe
weak

Adapted from Nonviolent Communication by Marshall B. Rosenberg, PhD (cnvc.org)