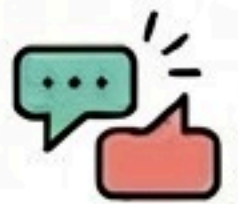




Excellent Feelz Words



In the book *Nonviolent Communication* by Marshall Rosenberg, he posits that the root of everything is our needs - either met or unmet - and that a key to excellent communication is being able to express the feelings engendered by those needs. He offered this list of great words for helping to express the feelz.

Feelz Words for Needs Being Met

absorbed adventurous alive alert amazed amused appreciative astonished blissful
breathless buoyant calm carefree comfortable confident contented curious delighted
elated encouraged happy helpful hopeful peaceful pleasant serene thrilled
energetic engrossed enthusiastic inspired intense interested pleased proud stimulated
touched fascinated free invigorated involved "in the flow" refreshed relaxed surprised
tranquil fulfilled glad gleeful joyful loving mellow relieved satisfied tender trusting
glowing grateful gratified moved optimistic overjoyed secure sensitive thankful upbeat

Feelz Words for Needs Not Being Met

overstimulated afraid aggravated agitated concerned dejected depressed fearful fidgety
frightened cold indifferent intense mean miserable pessimistic puzzled shocked skeptical
terrified unhappy vexed alarmed angry annoyed anxious detached disappointed discouraged
frustrated furious gloomy irate irked jealous mopey morose reluctant repelled sleepy
sorry troubled unnerved wary apathetic apprehensive ashamed beat disgruntled
disillusioned disgusted dismayed guilty harried helpless jittery keyed up over excited
mournful nervous resentful restless dispirited startled uncomfortable unsteady wistful
bewildered blah bitter bored distressed dull edgy hesitant horrible hostile lazy leery
lethargic overwhelmed panicky sad scared surprised suspicious uneasy upset withdrawn
blue brokenhearted cold confused embarrassed exasperated fatigued hot hurt impatient
listless lonely mad passive perplexed sensitive shaky tepid tired unhinged uptight worried