

This list was developed based on the list of feelings by Marshall Rosenberg (Gewaltfreie Kommunikation, Junfermann Verlag Paderborn 2001, page 57f) and by Ingrid Holler (Trainingsbuch Gewaltfreie Kommunikation, Junfermann Verlag Paderborn 2003, page 65).

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balanced

comfortable

enthusiastic

touched

grateful

relaxed

delighted

encouraged

relieved

wondering

fascinated

friendly

jolly

easy-going

happy

cheerful

humorous

enthralled

hopeful

inspired

interested

alive

affectionate

funny

motivated

encouraged

curious

optimistic

calm

confident

carefree

proud

startled

unconcerned

merry

in love

trusting

tender

anxious

angry

enraged

shocked

concerned

ferocious

depressed

cocky

lonely

vain

disappointed

exhausted

scared

hostile

frustrated

bored

irritated

stressed

indifferent

powerless

hopeless

confused

despicable

dull

discontented

diffident

tired

edgy

annoyed

mischievous

flabby

bad-tempered

shy

confrontational

sad

overbearing

awkward

impatient

miserable

scared

distracted

desperate

bewildered

reluctant

berserk

content

hesitating

furious