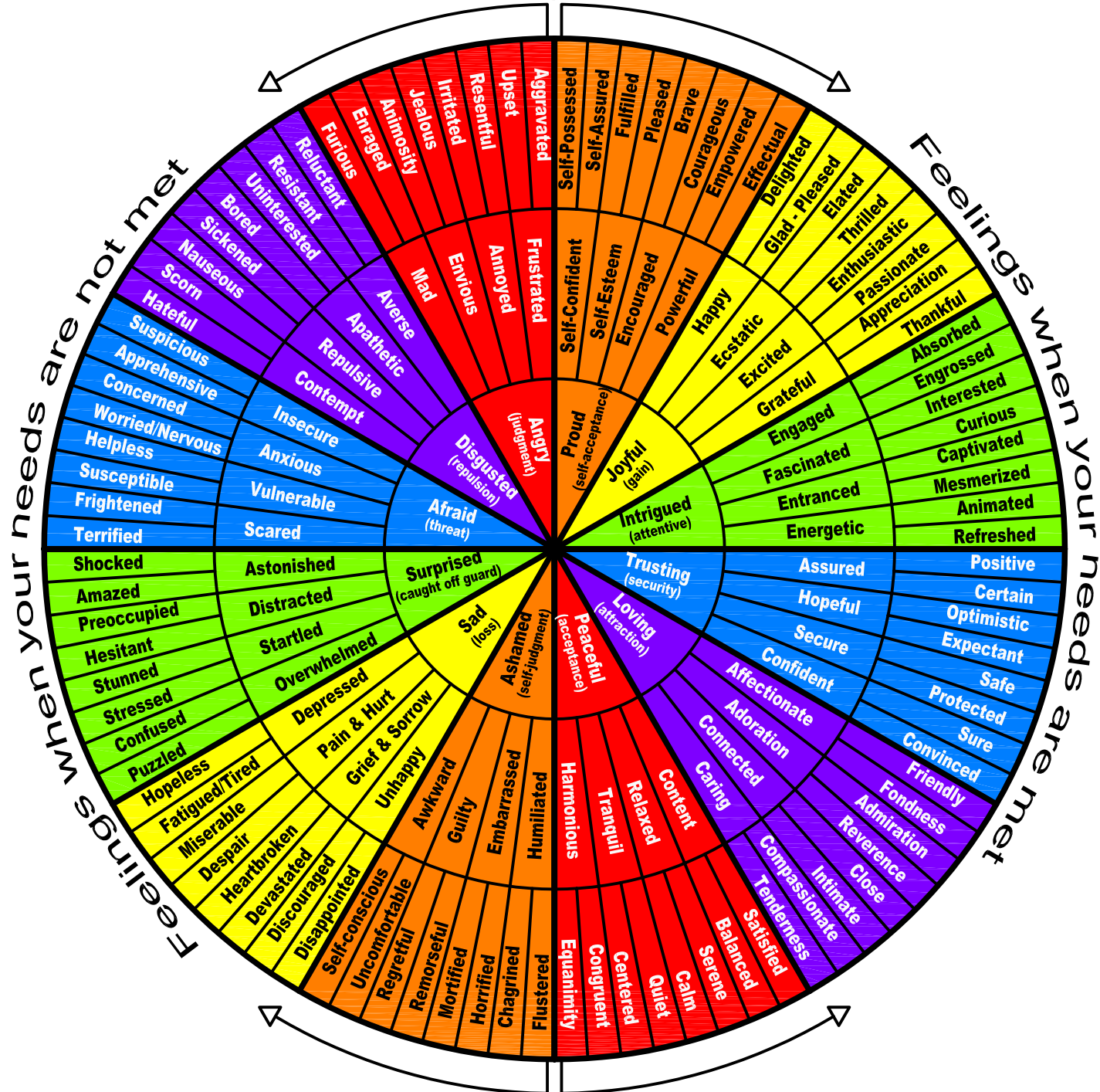
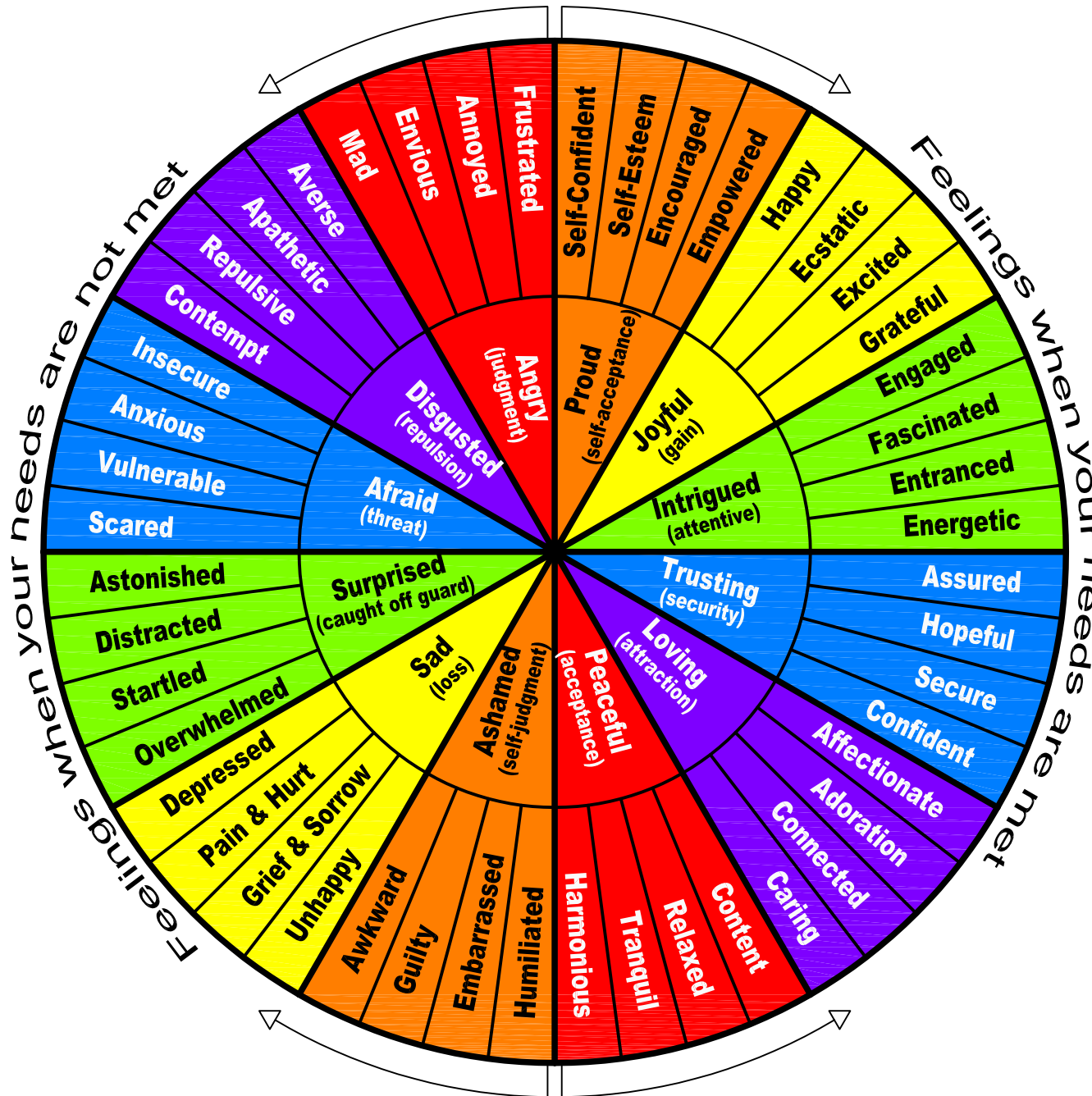


Feelings Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings, needs, and communications wheels by Bret Stein. Submit suggested changes and recommendations to artisanf@hotmail.com Revised 1/30/09

Feelings Wheel (small version)



Non-Feeling words often confused as feelings

Non-Feeling words that are evaluations
(thoughts) of the behavior of others:

Abandoned
Abused
Accepted
Attacked
Belittled
Betrayed
Blamed
Bullied
Caged
Cheated
Coerced
Cornered
Criticized
Discounted
Dismissed
Disrespected
Distrusted
Dumped On
Excluded
Harassed
Hassled
Ignored
Intimidated
Insulted
Invalidated
Invisible
Isolated
Let Down

Left Out
Manipulated
Mistrusted
Misunderstood
Neglected
Overpowered
Overworked
Patronized
Pressured
Provoked
Put Down
Rejected
Ripped Off
Smothered
Taken for Granted
Threatened
Trampled
Tricked
Unappreciated
Unloved
Unheard
Unseen
Unsupported
Unwanted
Used
Victimized
Violated
Wronged

Non-Feeling words that are
judgments (thoughts) of
ourselves or others:

Deserving
Foolish
Guilty
Inadequate
Smart
Stupid
Unimportant
Unknown
Unwanted
Unworthy
Worthless
Worthy

Non-Feeling Expressions:

(likely to be followed by an evaluation
or judgment and **not** a feeling)

"I feel like ..."

"I feel as if ..."

"I feel that ..."

"I feel it ..."

"I feel I (he, she, they) ..."

"I feel you ..."