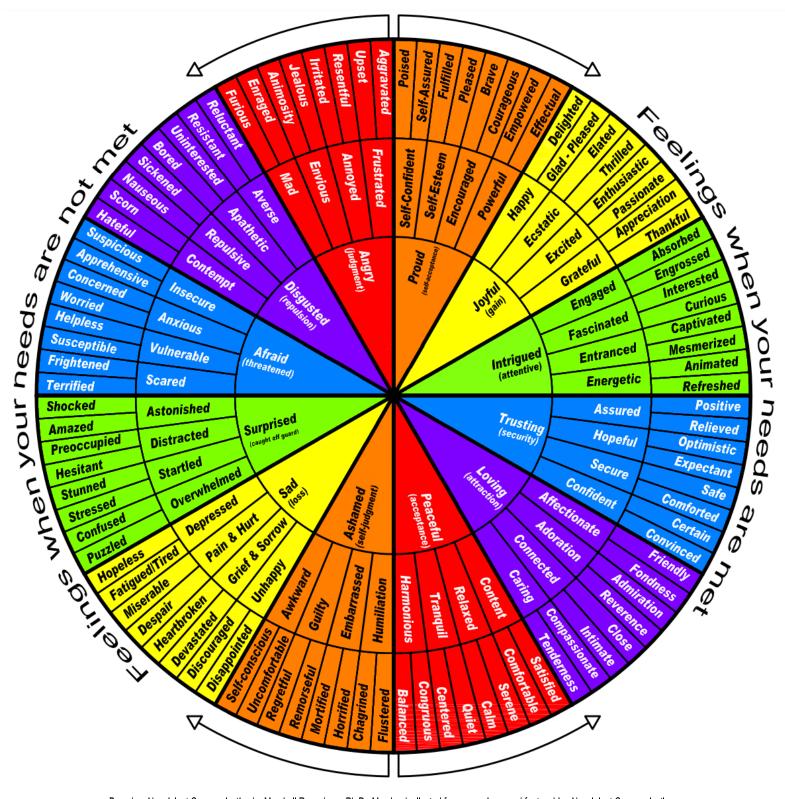
Feelings Wheel



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 and needs wheels by Bret Stein. artisantf@hotmail.com Revised 1/1/11

Feelings are <u>internal</u> emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ... " or "I feel that ..." or "I feel as if ... " or "I feel you ...", such as:

Abandoned	Attacked	Α
Coerced	Criticized	
Insulted	Let Down	Λ
Unappreciated Unloved		L

Abused
Dismissed
Manipulated
Unheard

Bullied Ignored Put down Violated Cheated Intimidated Rejected Wronged