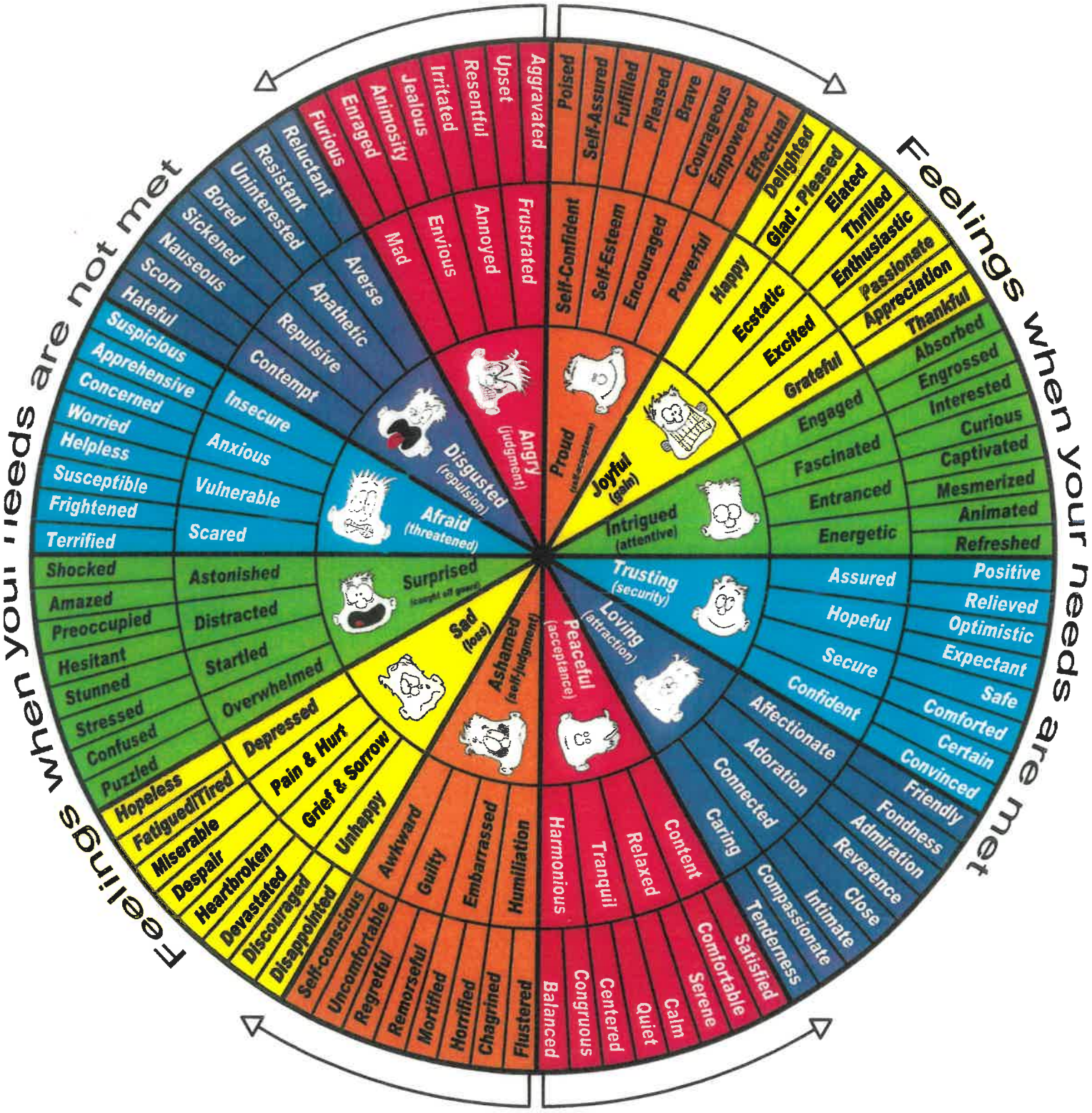
Feelings Wheel



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	Abused	Betrayed	Blamed	Bullied	Cheated
Coerced	Criticized	Dismissed	Disrespected	Excluded	Ignored	Intimidated
Insulted	Let Down	Manipulated	Misunderstood	Neglected	Put down	Rejected
Unappreciated	Unloved	Unheard	Unwanted	Used	Violated	Wronged