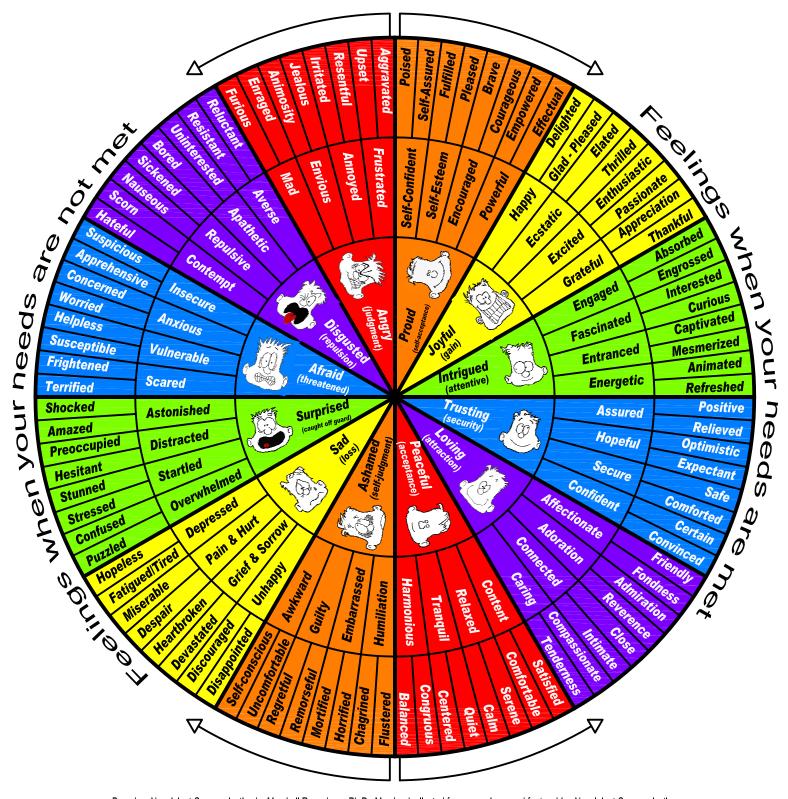
Feelings Wheel



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
Coerced	Criticized
Insulted	Let Down
Unappreciated	Unloved

Abused
Dismissed
Manipulated
Unheard

Oi		
Blame	ed	
Exclu	de	d
Negle	cte	ed
Used		

Bullied Ignored Put down Violated Cheated Intimidated Rejected Wronged