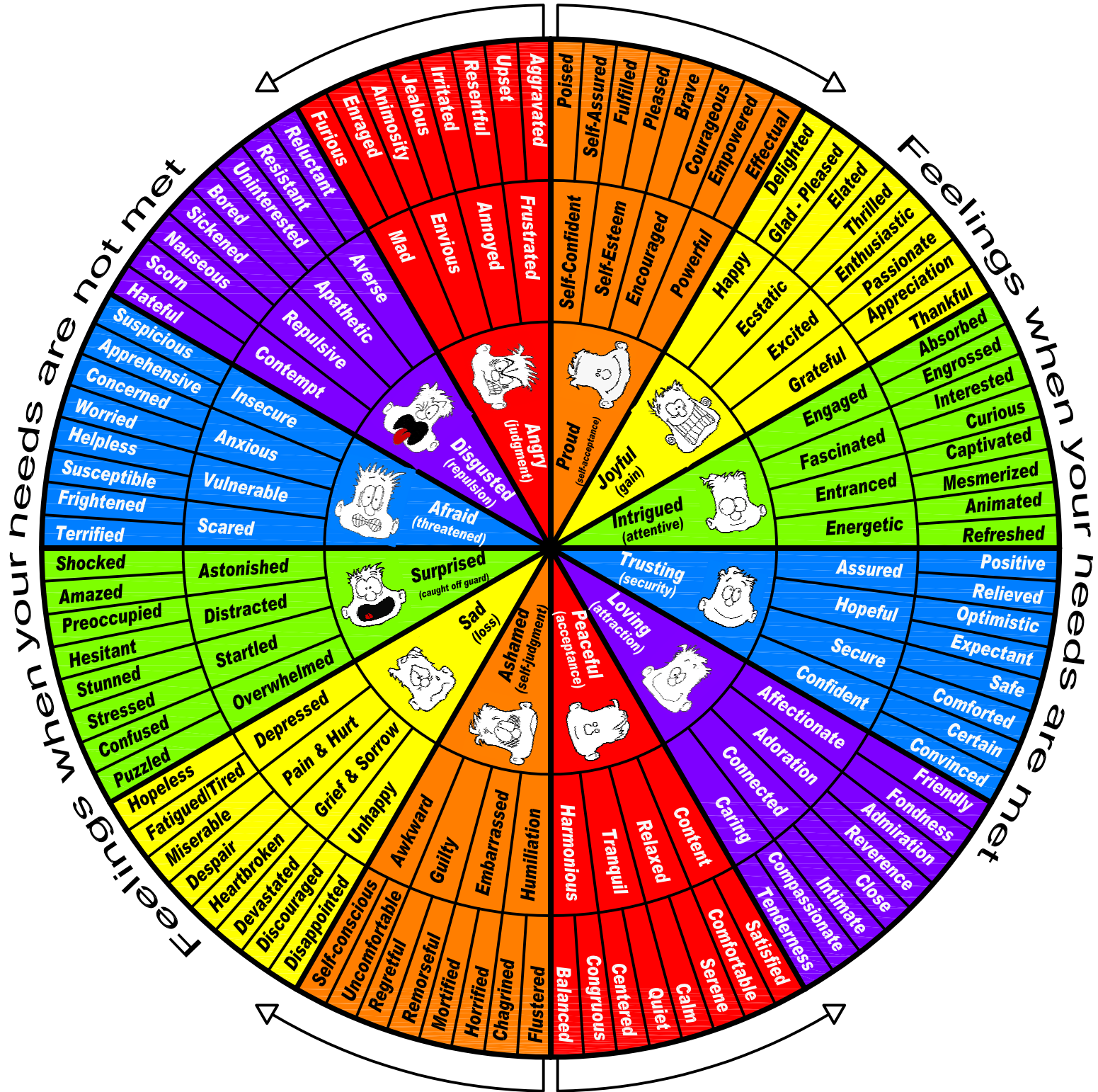


# Feelings Wheel



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. [artisanf@hotmail.com](mailto:artisanf@hotmail.com) Revised 1/1/11

Feelings are internal 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     |