

Feeling Inventory

naming what we're hearing

absorbed
adventurous
affectionate
alert
alive
amazed
amused
appreciative
aroused
astonished
blissful
carefree
cheerful
comfortable
concerned
complacent
composed
confident
contented
cool
curious
dazzled
delighted
eager
ecstatic
elated
electrified
encouraged
energetic
engrossed
enlivened
excited
exhilarated
expansive
expectant
exultant
fascinated
free
friendly
fulfilled
glad
gleeful
glorious
glowing
good-humored
grateful
gratified
groovy
happy
helpful
hopeful
invigorated
involved

inquisitive
inspired
intense
interested
intrigued
joyous
jubilant
keyed up
loving
mellow
merry
mirthful
moved
optimistic
overjoyed
overwhelmed
peaceful
proud
quiet
radiant
rapturous
refreshed
relieved
satisfied
secure
sensitive
splendid
stimulated
surprised
tender
thankful
thrilled
touched
tranquil
warm
wideawake
wonderful
zany
zestful

Feeling Inventory (cont.)

afraid	frightened	sorry
aggravated	frustrated	sour
agitated	furious	spiritless
alarmed	gloomy	startled
aloof	grief	surprised
angry	guilty	suspicious
anguished	hate	tepid
animosity	heavy	terrified
annoyed	helpless	tired
anxious	hesitant	troubled
apathetic	horrible	uncomfortable
apprehensive	horrified	unconcerned
averse	hostile	uneasy
beat	hot	unglued
bitter	humdrum	unhappy
blah	hurt	unnerved
blue	impatient	unsteady
bored	indifferent	upset
broken-hearted	inert	uptight
chagrined	intense	vexed
cold	irate	weary
concerned	irked	withdrawn
confused	irritated	woeful
cool	jealous	worried
cross	jittery	wretched
dejected	keyed up	
depressed	lassitude	
despairing	lazy	
despondent	lethargic	
detached	listless	
disappointed	lonely	
discouraged	mad	
disgruntled	mean	
disgusted	melancholy	
disheartened	miserable	
dislike	mopey	
dismayed	nervous	
displeased	nettled	
disquieted	overwhelmed	
distressed	perplexed	
disturbed	pessimistic	
downcast	puzzled	
downhearted	reluctant	
dread	repelled	
dull	resentful	
edgy	restless	
embarrassed	sad	
embittered	scared	
exasperated	sensitive	
exhausted	shaky	
fatigued	shocked	
fearful	skeptical	
fidgety	sleepy	
forlorn	sorrowful	

Values naming what we're hearing

In listening deeply to one another, our hearts assist us to hear the values underneath the words, rhetoric, or strongly held positions. When we listen deeply and can reflect the values that we hear, we connect to the wholeness in the other.

BEAUTY
COMPASSION
COMMUNITY
CONNECTION
COOPERATION
COURAGE
CREATIVITY
EQUALITY
FAITH
FAMILY
FRIENDSHIP
FREEDOM
GENEROSITY
JUSTICE
GOODWILL
GRATITUDE
HARMONY
HUMOR
INCLUSIVENESS
LOVE
ORDER
PATIENCE
PEACE
RESPECT
SERVICE
SIMPLICITY
TRUST
UNDERSTANDING
WHOLENESS
WISDOM

2010 The Compassionate Listening Project
Staff@compassionatelistening.org
(☎) 360) 626-4411
www.compassionatelistening.org