

EMOTIONAL AWARENESS QUICK REFERENCE SHEET

A support for reparenting and strengthening emotional clarity

This quick reference is a starting point for naming your inner landscape. Drawn from Nonviolent Communication and mindfulness, it supports recognizing feelings, needs, and body sensations. It can also help you notice when you use words like ‘abandoned’ after ‘I feel’ instead of a feeling. If that happens, pause, check what you’re feeling, needing, or sensing, and ask, ‘Who inside needs attention?’

FEELINGS		NEEDS
Content Amazed Confident Glad Inspired Joyous Relieved Surprised Touched Moved Comfortable Eager Excited Energized Calm Pleased Curious Proud Grateful Trustful Awe Hopeful	Sad Angry Hurt Disappointed Distressed Fear Confused Disgusted Discouraged Embarrassed Helpless Hopeless Impatient Lonely Overwhelmed Frustrated Irritated Doubtful Anxious Nervous Terrified Resentful	<i>Physical nurturance</i> · Ease · Rest · Relaxation · Movement · Protection <i>Safety</i> · Belonging · To matter · Care · Compassion <i>Connection</i> · To be seen · Heard · Known · Empathy · Closeness · Harmony · Reassurance <i>Autonomy</i> · Choice · Freedom · Authenticity <i>Understanding</i> · Clarity · Order · Reliability <i>Expression</i> · Creativity · Play · Fun · Humor <i>Meaning</i> · Purpose · Self-worth · Contribution <i>Integrity</i> · Honesty · Respect · Trust <i>Spiritual communion</i> · Inspiration · Beauty · Peace <i>Celebration</i> · Mourning · Acceptance · Appreciation <i>Interdependence</i> · Community · Sharing · Support
BODY SENSATIONS		JUDGMENTS MISTAKEN FOR FEELINGS
Tight · Clenched · Knotted · Constricted Heavy · Thick · Pressure · Bloating Fluttery · Bubbly · Buzzy · Frantic Restless · Jittery · Twitchy · Vibrating Warm · Clammy · Flushed · Hot · Sweaty Cold · Cool · Numb · Frozen · Dull Achy · Itchy · Jumpy · Pounding · Pulsing Ragged · Raw · Fragile · Fuzzy · Hollow Smooth · Expansive · Fluid · Glowing · Light Still · Spacious · Full · Floating · Open		Abandoned · Disrespected Rejected · Betrayed Manipulated · Cheated Used · Humiliated Threatened · Ignored Misunderstood · Belittled Attacked · Pressured Abused · Invisible Unseen · Unheard Blamed · Guilt-tripped (interpretations of what we think someone is doing to us)