

FEELING WORDS

Feeling Words When Needs are Satisfied

LOVED	JOYFUL	PEACEFUL	HOPEFUL	ALIVE	STRONG
cherished	happy	calm	optimistic	playful	unique
adored	delighted	comfortable	confident	courageous	dynamic
chosen	glad	centered	positive	energetic	hardy
open hearted	jubilant	fulfilled	lighthearted	liberated	secure
warm	pleased	quiet	upbeat	provocative	impulsive
tender	tickled	relaxed	expectant	impulsive	free
satisfied	amazed	satisfied	rosy	free	certain
desired	vibrant	serene	content	animated	tenacious
attached	lively	still	reassured	spirited	able
tender	dazzled	tranquill	satisfied	thrilled	forceful
intimate	cheerful	trusting	serene	wonderful	vigorous

Feeling Words When Needs are Not Satisfied

SAD	ANGRY	AFRAID	INSECURE	HURT	INJUSTICE
unhappy	mad	frightened	unsafe	bereaved	disquieted
sorrowful	annoyed	nervous	unsure	devastated	agitated
depressed	irritated	panicked	hesitant	grief	alarmed
miserable	furious	intimidated	timid	pain	disturbed
down	enraged	alarmed	alone	lonely	shocked
gloomy	resentful	scared	vulnerable	regretful	cheated
heartbroken	frustrated	fearful	empty	dejected	troubled
devasted	vexed	startled	dominated	disappointed	appalled
grieved	hostile	terrified	guarded	hopeless	horrified
lonely	hateful	mistrustful	introverted	worn out	anxious
dismayed	bitter	worried	inferior	withdrawn	restless

