

# FEELINGS LIST

When Needs Are NOT Being Met

## MAD

Aggravated	Hateful
Aggressive	Hostile
Angry	Impatient
Annoyed	Incensed
Antagonistic	Indignant
Appalled	Infuriated
Belligerent	Irritated
Bitter	Irritable
Cranky	Irate
Critical	Jealous
Cross	Livid
Defensive	Mad
Disgruntled	Ornery
Disgusted	Outraged
Displeased	Perturbed
Edgy	Resentful
Enraged	Scornful
Exasperated	Stressed
Frazzled	Sullen
Frustrated	Unforgiving
Furious	Vengeful
Grouchy	Vindictive
Grumpy	Violent

## SAD

Alone	Emasculated	Lethargic
Anguished	Embarrassed	Listless
Ashamed	Forlorn	Lonely
Bleak	Gloomy	Melancholic
Blue	Glum	Miserable
Bummed	Grief-filled	Mortified
Chagrined	Heartbroken	Paralyzed
Crummy	Heavy-	Regretful
Crushed	hearted	Remorseful
Defeated	Helpless	Sad
Dejected	Hopeless	Self-
Demeaned	Horrible	conscious
Demoralized	Humiliated	Sensitive
Depressed	Hurt	Shaky
Desolate	Impotent	Trapped
Despairing	Inadequate	Unhappy
Despondent	Incompetent	Upset
Devastated	Incomplete	Useless
Disappointed	Ineffective	Vulnerable
Disconnected	Inept	Weepy
Discouraged	Inferior	Wistful
Dismayed	Insecure	Withdrawn
Distraught	Insignificant	Worthless
Distressed	Isolated	

# FEELINGS LIST

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## SCARED

Afraid	Isolated
Alarmed	Jittery
Alone	Jumpy
Anxious	Nervous
Apprehensive	Panicked
Cautious	Paralyzed
Desperate	Petrified
Disconnected	Rattled
Distraught	Scared
Distressed	Shaky
Disturbed	Shocked
Exposed	Stressed
Fearful	Suspicious
Flustered	Terrified
Fragile	Timid
Freaked out	Trapped
Frightened	Uneasy
Guarded	Unnerved
Gun shy	Unsettled
Helpless	Vulnerable
Hesitant	Wary
Horrificed	Worried
Insecure	

## CONFUSED

Adrift	Distant	Puzzled
Agitated	Distracted	Rattled
Alienated	Empty	Removed
Ambivalent	Exhausted	Restless
Apathetic	Fidgety	Self-conscious
Awful	Flustered	Sensitive
Awkward	Foggy	Shocked
Baffled	Grouchy	Shut down
Bewildered	Grumpy	Sleepy
Bogged down	Guarded	Spacey
Bored	Guilty	Startled
Burned out	Helpless	Stubborn
Closed	Horrible	Surprised
Cold (shut down)	Hungry	Tense
Confused	Incomplete	Tired
Crazy	Indifferent	Torn
Cut off	Ineffective	Trapped
Dazed	Irritable	Uncomfortable
Depleted	Lethargic	Uneasy
Detached	Listless	Uninterested
Discombobulated	Lost	Unnerved
Disconcerted	Mystified	Unsettled
Disconnected	Numb	Upset
Disorganized	Overwhelmed	Weary
	Perplexed	Withdrawn
	Perturbed	Worn out