

FEELINGS LIST

When Needs ARE Being Met

Affectionate	Elated	Jazzed	Safe
Alert	Empowered	Joyful	Satiated
Amazed	Energetic	Jubilant	Satisfied
Amused	Engaged	Loving	Secure
Animated	Enlivened	Loved	Serene
Appreciative	Enthusiastic	Magical	Surprised
Aroused	Entranced	Mellow	Sympathetic
Astonished	Excited	Moved	Tender
Awed	Expectant	Open	Thankful
Beautiful	Exuberant	Open-hearted	Thrilled
Blissful	Fantastic	Optimistic	Tickled
Calm	Fascinated	Passionate	Touched
Centered	Friendly	Peaceful	Trusting
Comfortable	Fulfilled	Pleased	Vibrant
Compassionate	Giddy	Proud	Vivacious
Confident	Glad	Quiet	Warm
Connected	gorgeous	Radiant	
Content	Grateful	Refreshed	
Curious	Happy	Rejuvenated	
Dazzled	Inspired	Relaxed	
Delighted	Interested	Relieved	
Eager	Intrigued	Renewed	
Ecstatic	Invigorated	Rested	