

Feelings when needs are being fulfilled (are met)

EXCITED

Enthusiastic
Alive
Surprised
Amazed
Flabbergasted
Ecstatic
Enthralled
Thrilled
Radiant
Eager
Awake
Blissful
Astonished
Passionate
Eager
Energetic

CONFIDENT

Empowered
Proud
Hopeful
Optimistic
Strong
Resolute
Powerful
Open
Safe
Secure

COMPASSIONATE

Tender
Warm
Loving
Friendly
Affectionate

ENGAGED

Curious
Fascinated
Inspired
Interested
Involved
Wonder
Anticipation
Inspiration
Alert
Engrossed
Enchanted
Intrigued
Spellbound
Stimulated
In flow

THANKFUL

Grateful
Moved
Touched
Openhearted
Appreciative

PEACEFUL

Calm
Quiet
Mellow
Bright
Zen
At ease
Relieved
Relaxed
Serene
Carefree
Tranquil
Comfortable
At home
Satisfied
Content
Centered
Grounded
Balanced
Clear headed
Refreshed
Fulfilled
Alive
Chilled out
Present
Still
Trusting

HOPEFUL

Desirous
Optimistic
Heartened
Expectant
Encouraged

PAIN

Hurting
Lonely
Grieving
Mourning
Regretful
Remorseful
Devastated
Miserable
Agony
Suffering
Wretched

JEALOUS

Envious

FRUSTRATED

Irritated
Annoyed
Impatient
Irritable
Exasperated

ANGRY

Rage
Mad
Upset
Furious
Resentful

VULNERABLE

Fragile
Uncertain
Sensitive
Reserved

Feelings when needs are calling for our attention (not met)

SAD

Disappointed
Depressed
Down
Gloomy
Nostalgic
Discouraged
Heartbroken
Despair
Devastated
Heavy hearted
Longing

DESPERATE

Helpless
Hopeless
Powerless
Uncertain

CONFUSED

Torn
Doubtful
Lost
Hesitant
Baffled
Perplexed
Puzzled
Skeptical
Bewildered
Uncertain

ASHAMED

Embarrassed
Shy
Guilty

TIRED

Weary
Exhausted
Defeated
Burned out
Sleepy
Overwhelmed
Fatigued

HATE

Hostile
Aversion
Bitter
Disgusted
Contempt
Dislike

WORRIED

Tense
Nervous
Anxious
Edgy
Concerned
Stressed
Tense

SCARED

Fearful
Afraid
Suspicious
Panicked
Paralyzed
Startled
Anxious
Terrified
Apprehensive

AGITATED

Shocked
Startled
Upset
Surprised
Disturbed
Alert
Panicked
Overwhelmed
Uncomfortable
Restless
Troubled

WITHDRAWN

Bored
Apathetic
Numb
Withdrawn
Alienated
Cold
Numb
Detached
Isolated
Disengaged