

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  
Inspired  
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**WITHDRAWN**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Withdrawn  
Cold  
Numb  
Detached  
Isolated  
Disengaged