

Feelings when needs are being fulfilled (are met)

EXCITED

Enthusiastic
Surprised
Amazed
Flabbergasted
Ecstatic
Enthralled
Thrilled
Radiant
Eager
Awake
Giddy
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, awe
Anticipation
Inspired
Amazed
Engrossed
Enchanted
Intrigued
Spellbound
Stimulated
In flow

THANKFUL

Grateful
Moved
Touched
Openhearted
Appreciative

JOYFUL

Amused
Delighted
Glad, pleased
Happy
Tickled

PEACEFUL

Calm
Quiet
Mellow
At ease
Relieved
Relaxed
Serene
Carefree
Tranquil, still
Comfortable
At home
Satisfied
Content
Grounded, present
Clearheaded
Refreshed
Fulfilled
Alive
Chilled out
Trusting

HOPEFUL

Optimistic
Heartened
Expectant
Encouraged

PAINED

Hurt, agony
Lonely
Grief
Heartbroken
Bereaved
Regretful
Remorseful
Devastated
Miserable
Wretched

YEARNING

Envious
Jealous
Longing
Nostalgic

FRUSTRATED

Irritated, irked
Annoyed
Impatient
Disgruntled
Exasperated

ANGRY

Outraged
Furious
Ticked off
Irate, livid
Indignant
Resentful

EMBARRASSED

Ashamed
Flustered
Mortified
Self-conscious
Guilty

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

SAD

Disappointed
Depressed
Down
Gloomy
Discouraged
Disheartened
Despair
Devastated
Heavy hearted
Crushed

VULNERABLE

Fragile
Helpless
Hopeless
Powerless
Insecure
Uncertain
Sensitive, shaky
Guarded, reserved

CONFUSED

Torn
Doubtful
Lost
Hesitant
Baffled
Mystified
Puzzled
Skeptical
Bewildered, dazed
Uncertain

DISQUIET

Uneasy
Surprised
Alarmed
Agitated
Disturbed
Startled, shocked
Upset, troubled
Uncomfortable
Discombobulated
Rattled
Restless
Perturbed
Shocked
Startled

AVERSION

Hostile
Appalled
Hate, horrified
Bitter
Disgusted
Repulsed
Contempt
Dislike

WORRIED

Tense
Nervous
Anxious
Edgy
Concerned
Stressed out
Uneasy

SCARED

Frightened
Afraid, scared
Mistrustful
Panicked
Paralyzed
Dread, wary
Petrified, terrified
Foreboding
Apprehensive

TENSE

Frazzled
Cranky, edgy
Distraught
Anxious
Nervous
Jittery, fidgety
Overwhelmed
Uncomfortable
Troubled

TIRED

Weary, fatigued
Exhausted
Defeated
Burned out
Sleepy

DISCONNECTED

Bored
Apathetic
Numb, cold
Withdrawn, aloof
Closed off
Detached, distant
Distracted
Indifferent