



# UNIVERSAL FEELINGS LIST

*Feelings show you that a need is either being met or not met*

## PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED

### AFFECTIONATE

compassionate  
fond  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

### CONFIDENT

brave  
courageous  
empowered  
powerful  
proud  
safe  
secure

### ENGAGED

absorbed  
alert  
curious  
engrossed  
enchanted  
enthralled  
entranced  
fascinated  
inquisitive  
interested  
intrigued  
involved  
impish  
open  
spellbound  
stirred  
stimulated

### EXCITED

animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
euphoric  
free  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### EXHILARATED

blissful  
ecstatic  
effervescent  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### GRATEFUL

appreciative  
gratified  
moved  
thankful  
touched

### HOPEFUL

expectant  
encouraged  
glad  
jazzed  
light hearted  
optimistic  
sanguine  
up  
upbeat

### INSPIRED

amazed  
awed  
motivated  
psyched  
thoughtful  
wonder

### JOYFUL

amused  
cheerful  
delighted  
happy  
jubilant  
pleased  
playful  
tickled

### REFRESHED

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

### PEACEFUL

balanced  
calm  
clear headed  
comfortable  
centered  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

## UNPLEASANT FEELINGS WHEN NEEDS ARE NOT SATISFIED

### AFRAID

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
trepidation  
wary  
worried

### ANGRY

bitter  
enraged  
furious  
hostile  
incensed  
indignant  
irate  
livid  
outraged  
resentful

### ANNOYED

aggravated  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

### AVERSION

animosity  
appalled  
contempt  
disgusted  
dislike  
enmity  
hate  
horrified  
repulsed

### CONFUSED

ambivalent  
baffled  
bewildered  
dazed  
lost  
mystified  
perplexed  
torn

### DISCONNECTED

alienated  
aloof  
apathetic  
bored  
cold  
detached  
disassociated  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

### DISQUIET

alarmed  
concerned  
discombobulated  
disconcerted  
dismayed  
disturbed  
perturbed  
pessimistic  
puzzled  
miffed  
rattled  
restless  
shocked  
skeptical  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### EMBARRASSED

abashed  
ashamed  
chagrined  
discomfited  
flustered  
guilty  
mortified  
self-conscious  
frozen

### FATIGUE

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
mah  
propped  
sleepy  
tired  
weary  
wiped out  
worn out

### PAIN

aching  
agony  
angushed  
bereaved  
burning  
devastated  
discomfort  
grief  
heartbroken  
hungry  
hurt  
lonely  
miserable  
regretful  
remorseful  
sick  
sore  
strained  
tormented

### SAD

depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

### TENSE

activated  
agitated  
anxious  
closed  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
grumpy  
hesitant  
irritable  
jittery  
nervous  
overwhelmed  
resilient  
stressed out

### VULNERABLE

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
reluctant  
sensitive  
tender  
shaky

### YEARNING

craving  
envious  
hankering  
jealous  
longing  
nostalgic  
pining  
thirsting  
wanting  
wistful

### BELIEF-BASED "FAUX" FEELINGS

Often confused as feelings, these words can imply blame and wrongness creating an enemy image. Examples:

Abandoned	Manipulated
Abused	Misunderstood
Attacked	Neglected
Belittled	Overworked
Betrayed	Pressured
Coerced	Provoked
Cornered	Rejected
Criticized	Smothered
Ignored	Threatened
Intimidated	Unappreciated
Invisible	Used

### NEUTRAL FEELING

We also experience neutral, and so between pleasant/unpleasant (e.g. sensitive, surprised)



4 NURTURED LIFE

