

Feelings List

Feelings when our needs ARE met

AFFECTIONATE

compassionate
friendly
fond
loving
openhearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled
overjoyed

HOPEFUL

expectant
encouraged
optimistic
inspired

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled
electrified
euphoric
overjoyed

GRATEFUL

appreciative
moved
thankful
touched

EXCITED

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

PEACEFUL

calm
clearheaded
comfortable
centered
content
equanimity
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Feelings List

Feelings when our needs ARE NOT met

<p><u>AFRAID</u> apprehensive dread fearful foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p> <p><u>ANNOYED</u> aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked</p> <p><u>ANGER</u> angry enraged furious incensed indignant irate livid outraged resentful</p> <p><u>YEARNING</u> envious jealous longing nostalgic pining wistful</p>	<p><u>CONFUSED</u> ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p> <p><u>DISQUIET</u> agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset</p> <p><u>DISCONNECTED</u> alienated aloof apathetic bored cold detached distant distracted indifferent numb removed withdrawn</p>	<p><u>EMBARRASSED</u> ashamed chagrined flustered guilty mortified self-conscious</p> <p><u>FATIGUE</u> beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out</p> <p><u>AVERSION</u> animosity appalled contempt disgusted dislike hate horrified hostile repulsed</p> <p><u>SAD</u> depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched</p>	<p><u>TENSE</u> anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out</p> <p><u>VULNERABLE</u> fragile guarded helpless insecure leery reserved sensitive shaky</p> <p><u>PAIN</u> agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful</p>
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