

# FEELINGS

## **Delighted**

Joyful  
Happy  
Amused  
Adventurous  
Blissful  
Elated

## **Thankful**

Appreciative  
Moved  
Touched  
Tender  
Expansive  
Grateful

## **Excited**

Enthusiastic  
Overjoyed  
Fervent  
Giddy  
Eager  
Ecstatic  
Thrilled

## **Satisfied**

Fulfilled  
Gratified

## **Interested**

Curious  
Absorbed

## **Healthy**

Empowered  
Alive  
Robust

## **Relaxed**

Relieved  
Rested  
Mellow  
At ease  
Light

## **Content**

Cheerful  
Glad  
Comfortable  
Pleased

## **Friendly**

Affectionate  
Loving  
Passionate

## **Energetic**

Exhilarated  
Exuberant  
Vigorous

## **Alert**

Focused  
Awake  
Clearheaded

## **Peaceful**

Tranquil  
Serene  
Calm

## **Confident**

Secure  
Safe  
Hopeful

## **Scared**

Apprehensive  
Dread  
Worried  
Panicky  
Frightened  
Vulnerable

## **Nervous**

Jittery  
Anxious  
Restless  
Vulnerable

## **Tense**

Cranky  
Stiff  
Stressed  
Overwhelmed  
Agitated  
Aggravated

## **Hurt**

Pain  
Agony  
Anguish  
Heartbroken  
Lonely

## **\*Depressed**

Disconnected  
Detached  
Despondent  
Dejected  
Bored

## **Tired**

Burnt Out  
Exhausted  
Lethargic

## **\*Angry**

\*Furious  
\*Rage  
\*Irate  
\*Resentful  
Irritated

## **Frustrated**

Disappointed  
Discouraged  
Disheartened  
Impatient

## **Shocked**

Disturbed  
Stunned  
Alarmed  
Appalled  
Concerned  
Horried

## **Sad**

Grief  
Despair  
Gloomy  
Sullen  
Downhearted  
Hopeless

## **Torn**

Ambivalent  
Confused  
Puzzled

## **Jealous**

Envious  
\*Bitter

## **Embarrassed**

\*Ashamed  
Contrite  
\*Guilty

# NEEDS

## **Intimacy**

Empathy  
Connection  
Affection  
Warmth  
Love  
Understanding  
Acceptance  
Caring  
Bonding  
Compassion  
Communion  
Divine Union  
Sexuality

## **Autonomy**

Choice  
Freedom  
Spontaneity  
Independence  
Respect  
Honor

## **Security**

Predictability  
Consistency  
Stability  
Trust  
Reassurance

## **Partnership**

Mutuality  
Friendship  
Companionship  
Support  
Collaboration  
Belonging  
Community  
Consideration  
Seen/heard  
Appreciation

## **Purpose**

Competence  
Contribution  
Efficiency  
Growth  
Learning  
Challenge  
Discovery

## **Order**

Structure  
Clarity  
Focus  
Information

## **Celebration**

Mourning  
Aliveness  
Humor  
Beauty  
Play  
Creativity  
Joy

## **Honesty**

Integrity  
Authenticity  
Wholeness  
Fairness

## **Peace**

Groundedness  
Hope