

FEELINGS WHEN NEEDS ARE MET

Affectionate

Compassionate
Friendly
Loving
Open hearted
Sympathetic
Tender
Warm

Engaged

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

Inspired

Amazed
Awe
Wonder

Joyful

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

Excited

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthousiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant

Grateful

Appreciative
Moved
Thankful
Touched

Hopeful

Expectant
Encouraged
Optimistic

Confident

Empowered
Open
Proud
Safe
Secure

Exhilarated

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

Peaceful

Calm
Clear-headed
Comfortable
Centered
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Serene
Still
Tranquil
Trusting

Refreshed

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

FEELINGS WHEN NEEDS ARE NOT MET

Afraid

apprehensive
dread
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

Aversion

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

Fatigue

burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary

Yearning

envious
jealous
longing
nostalgic

Confused

ambivalent
baffled
bewildered
dazed
hesitant
lost
perplexed
puzzled
torn

Vulnerable

fragile
guarded
helpless
insecure
reserved
sensitive
shaky

Embarrassed

ashamed
flustered
guilty
mortified
self-conscious

Disconnected

alienated
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
uninterested
withdrawn

Angry

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

Pain

agony
anguished
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Disquiet

agitated
alarmed
discombobulated
disconcerted
disturbed
rattled
restless
shocked
startled
surprised
troubled
turmoil
uncomfortable
uneasy
unsettled
upset

Sad

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

Tense

anxious
cranky
distressed
distraught
edgy
fidgety
irritable
nervous
overwhelmed
restless
stressed out

Annoyed

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated