

## EMOTIONS WHEN OUR NEEDS ARE SATISFIED

### *Proud*

#### SELF-ACCEPTANCE

Brave  
Courageous  
Confident  
Empowered  
Pleased  
Poised  
Powerful  
Self-assured

### *Trusting*

#### SECURITY

Assured  
Certain  
Comforted  
Confident  
Convinced  
Expectant  
Hopeful  
Open  
Optimistic  
Positive  
Relieved  
Safe  
Secure

### *Excited*

Amazed	Enthusiastic
Animated	Giddy
Ardent	Invigorated
Aroused	Lively
Eager	Passionate
Energetic	Vibrant

### *Joyful*

#### GAIN

Amused  
Appreciation  
Delighted  
Ecstatic  
Elated  
Glad  
Grateful  
Happy  
Jubilant  
Thankful  
Thrilled  
Tickled

### *Loving*

#### ATTRACTION

Admiration  
Adoration  
Affectionate  
Compassionate  
Connected  
Fondness  
Friendly  
Open-hearted  
Reverance  
Tenderness

### *Refreshed*

Enlivened  
Rejuvenated  
Restored  
Revived

### *Intrigued*

#### ATTENTIVE

Absorbed  
Captivated  
Curious  
Energetic  
Engaged  
Engrossed  
Entranced  
Fascinated  
Interested  
Intrigued  
Mesmerised  
Spellbound

### *Peaceful*

#### ACCEPTANCE

Balanced  
Calm  
Centered  
Clear-headed  
Comfortable  
Content  
Congruous  
Fulfilled  
Harmonious  
Mellow  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Tranquil

## EMOTIONS WHEN OUR NEEDS ARE NOT SATISFIED

### *Ashamed*

#### SELF-JUDGMENT

Awkward  
Chagrined  
Embarassed  
Flustered  
Horried  
Humiliated  
Guilty  
Mortified  
Regretful  
Remorseful  
Self-conscious

### *Disgusted*

#### REPULSION

Animosity  
Appalled  
Averse  
Contempt  
Dislike  
Hateful  
Nauseous  
Reluctant  
Repulsed  
Resistant  
Scorn  
Sickened  
Uninterested

### *Disconnected*

Alienated	Cold	Distracted
Apathetic	Detached	Indifferent
Bored	Distant	Numb

### *Sad*

#### LOSS

Depressed  
Dejected  
Despair  
Despondent  
Devastated  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Grief  
Heavy-hearted  
Hopeless  
Melancholy  
Miserable  
Unhappy  
Wretched

### *Angry*

#### JUDGEMENT

Aggravated	Indignant
Annoyed	Irate
Disgruntled	Impatient
Displeased	Irritated
Enraged	Irked
Envious	Jealous
Exasperated	Livid
Frustrated	Mad
Furious	Resentful
Incensed	Upset

### *Suprised*

CAUGHT  
OFFGUARD  
Alarmed  
Amazed  
Astonished  
Distracted  
Frazzled  
Guarded  
Helpless  
Hesitant  
Overwhelmed  
Preoccupied  
Restless  
Shocked  
Stressed  
Stunned

### *Afraid*

#### THREATENED

Anxious  
Apprehensive  
Concerned  
Dread  
Frightened  
Insecure  
Mistrustful  
Panicked  
Scared  
Suspicious  
Terrified  
Vulnerable  
Wary  
Worried

### *Disquiet*

Disturbed  
Perturbed  
Rattled  
Restless  
Troubled  
Turmoil  
Uneasy  
Unnerved  
Unsettled

### *Confused*

Baffled  
Bewildered  
Dazed  
Hesitant  
Lost  
Puzzled  
Torn