

# FEELINGS LIST

## Feelings when our needs are met

### AFFECTIONATE

compassionate  
fond  
loving  
openhearted  
tender  
warm

### PEACEFUL

calm  
comfortable  
content  
equanimity  
fulfilled  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil

### GRATEFUL

appreciative  
moved  
thankful  
touched

### ENGAGED

absorbed  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

### REFRESHED

enlivened  
recharged  
rejuvenated  
renewed  
rested  
restored  
revived

### HOPEFUL

expectant  
excited  
jazzed  
optimistic

### EXCITED

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

### INSPIRED

amazed  
awed  
enthused  
moved  
stirred  
wonder

### SELF-

### CONNECTED

confident  
centered  
open  
relaxed

### JOYFUL

delighted  
glad  
happy  
jubilant  
merry  
pleased  
tickled  
overjoyed

### EXHILARATED

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled  
electrified  
euphoric  
overjoyed

## Feelings when our needs are not meant

### AFRAID

apprehensive  
fearful  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
terrified  
wary  
worried

### ANNOYED

aggravated  
bothered  
displeased  
exasperated  
frustrated  
irritated  
irked  
miffed

### ANGRY

enraged  
furious  
incensed  
irate  
livid  
outraged  
resentful

### EMBARRASSED

ashamed  
chagrined  
flustered  
mortified  
self-conscious

### CONFUSED

ambivalent  
baffled  
bewildered  
dazed  
lost  
mixed  
mystified  
perplexed  
puzzled  
torn

### DISQUIET

agitated  
alarmed  
concerned  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### DISCONNECTED

apathetic  
bored  
cold  
distant  
distracted  
indifferent  
numb  
withdrawn

### SAD

depressed  
dejected  
despairing  
despondent  
disappointed  
discouraged  
disheartened  
gloomy  
heavy hearted  
hopeless  
melancholic  
miserable  
unhappy

### FATIGUE

burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
wiped out  
worn out

### AVERSION

animosity  
appalled  
contempt  
disgust  
dislike  
hate  
horrified  
hostile  
repulsion

### TENSE

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

### VULNERABLE

fragile  
guarded  
helpless  
insecure  
reserved  
shaky

### PAIN

agony  
anguished  
bereaved  
devastated  
grieving  
heartbroken  
hurting  
lonely  
miserable  
regretful  
remorseful

### YEARNING

envious  
jealous  
longing  
nostalgic  
wistful