

## Feelings when needs are met/satisfied

<p><u>AFFECTIONATE</u>            compassionate            friendly            loving            open hearted            sympathetic            tender            warm</p> <p><u>ENGAGED</u>            absorbed            alert            curious            engrossed            enchanted            entranced            fascinated            interested            intrigued            involved            spellbound            stimulated</p> <p><u>HOPEFUL</u>            expectant            encouraged            optimistic</p>	<p><u>CONFIDENT</u>            empowered            open            proud            safe            secure</p> <p><u>EXCITED</u>            amazed            animated            ardent            aroused            astonished            dazzled            eager            energetic            enthusiastic            giddy            invigorated            lively            passionate            surprised            vibrant</p>	<p><u>GRATEFUL</u>            appreciative            moved            thankful            touched</p> <p><u>INSPIRED</u>            amazed            awed            wonder</p> <p><u>JOYFUL</u>            amused            delighted            glad            happy            jubilant            pleased            tickled</p> <p><u>EXHILARATED</u>            blissful            ecstatic            elated            enthralled            exuberant            radiant            rapturous            thrilled</p>	<p><u>PEACEFUL</u>            calm            clear headed            comfortable            centered            content            equanimous            fulfilled            mellow            quiet            relaxed            relieved            satisfied            serene            still            tranquil            trusting</p> <p><u>REFRESHED</u>            enlivened            rejuvenated            renewed            rested            restored            revived</p>
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## Feelings when needs are unmet/not satisfied

<p><u>AFRAID</u> apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried</p>	<p><u>CONFUSED</u> ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn</p>	<p><u>EMBARRASSED</u> ashamed chagrined flustered guilty mortified self-conscious</p>	<p><u>TENSE</u> anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out</p>
<p><u>ANNOYED</u> aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked</p>	<p><u>DISCONNECTED</u> alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn</p>	<p><u>FATIGUE</u> beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out</p>	<p><u>VULNERABLE</u> fragile guarded helpless insecure leery reserved sensitive shaky</p>
<p><u>ANGRY</u> enraged furious incensed indignant irate livid outraged resentful</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>PAIN</u> agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful</p>	<p><u>YEARNING</u> envious jealous longing nostalgic pining wistful</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>	