

Feelings we may experience when our needs are met

<p>Friendly, Tender, Warm, Loving, Open-hearted</p> <p>Excited, Energized, Eager, Enthusied, Aroused, Dazzled, Energetic, Enthusiastic, Giddy, Invigorated, Lively, Passionate, Surprised, Vibrant, Alive</p> <p>Playful, Exuberant</p> <p>Engaged, Absorbed, Alert, Curious, Enchanted, Fascinated, Interested, Intrigued, Spellbound, Stimulated</p>	<p>Confident, Proud, Safe Empowered, Secure</p> <p>Inspired, Amazed, Awed, Wonder</p> <p>Peaceful, Content, Calm, Relaxed, Satisfied, Blissful, Focused, Clear- headed, Comfortable, Centered, Fulfilled, Mellow, Quiet, Relieved, Serene, Still, Trusting, Tranquil</p> <p>Grateful, Thankful, Touched, Appreciative, Moved</p>	<p>Refreshed, Enlivened, Renewed, Restored, Rested, Revived Rejuvenated</p> <p>Joyful, Amused, Happy, Glad, Delighted, Jubilant, Pleased, Tickled, Overjoyed</p> <p>Exhilarated, Ecstatic, Elated, Enthralled, Exuberant, Radiant, Thrilled, Electrified, Euphoric</p> <p>Hopeful, Expectant, Encouraged, Inspired</p>
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Feelings we may experience when our needs are not met

<p>Angry, Mad, Furious, Upset, Enraged, Indignant, Irate, Livid, Outraged, Resentful</p> <p>Afraid, Scared, Worried, Frightened, Apprehensive, Dread, Fearful, Foreboding, Mistrustful, Panicked, Terrified, Petrified, Frozen, Suspicious, Wary</p> <p>Confused, Puzzled, Baffled, Ambivalent, Bewildered, Lost, Torn, Dazed, Hesitant, Mystified, Unsure</p> <p>Embarrassed, Ashamed, Self- conscious, Guilty, Mortified</p> <p>Disconnected, Bored, Cold, Alienated, Detached, Numb, Distracted, Indifferent, Withdrawn</p>	<p>Sad, Unhappy, Disappointed, Depressed, Dejected, Gloomy, Despair, Despondent, Forlorn, Disappointed, Discouraged, Disheartened, Heavy-hearted, Hopeless, Unhappy, Wretched</p> <p>Agitated, Alarmed, Concerned, Discombobulated, Disturbed, Perturbed, Rattled, Restless, Shocked, Surprised, Startled, Troubled, Curious, Turmoil, Uncomfortable, Unsettled, Uneasy, Unnerved, Upset,</p> <p>Tense, Anxious, Cranky, On- Edge, Distressed, Distraught, Fidgety, Frazzled, Irritable, Jittery, Nervous, Restless, Overwhelmed, Stressed Out</p> <p>Yearning, Envious, Jealous, Longing, Pining, Wistful</p>	<p>Frustrated, Aggravated, Annoyed, Dismayed, Ticked- off, Disgruntled, Displeased, Exasperated, Irritated</p> <p>Tired, Worn out, Fatigued, Burnt out, Depleted, Weary, Exhausted, Lethargic, Sleepy, Listless</p> <p>Aversion, Appalled, Contempt, Disgusted, Dislike, Hate, Horrorified, Hostile, Repulsed</p> <p>Vulnerable, Guarded, Helpless, Insecure, Leery, Reserved, Sensitive, Shaky</p> <p>Pain, Agony, Anguished, Bereaved, Devastated, Grief, Heart-broken, Hurt, Lonely, Miserable, Regretful, Remorseful</p>
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