## Feelings when your needs are satisfied

|  |  |  |
| --- | --- | --- |
| AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm  CONFIDENT empowered open proud safe secure  ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated  INSPIRED amazed awed wonder | EXCITED amazed animated ardent aroused astonished awesome dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant  EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled  GRATEFUL appreciative moved thankful touched  HOPEFUL expectant encouraged optimistic | JOYFUL amused delighted glad happy jubilant pleased tickled  PEACEFUL calm clear headed comfortable centred content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting  REFRESHED enlivened rejuvenated renewed rested restored revived |

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## feelings when your needs are not satisfied

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| --- | --- | --- | --- | --- |
| AFRAID apprehensive dreadful  foreboding frightened mistrustful panicked scared suspicious terrified wary worried  ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked resentful  ANGRY enraged furious incensed irate livid outraged resentful | CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn  DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn  EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious | DISQUIET agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset  FATIGUED beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out | PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful  SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched | TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out  VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky  YEARNING envious jealous longing nostalgic pining |