## Feelings when your needs are satisfied

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| AFFECTIONATEcompassionatefriendlylovingopen heartedsympathetictenderwarmCONFIDENTempoweredopenproudsafesecureENGAGEDabsorbedalertcuriousengrossedenchantedentrancedfascinatedinterestedintriguedinvolvedspellboundstimulatedINSPIREDamazedawedwonder   | EXCITEDamazedanimatedardentarousedastonishedawesomedazzledeagerenergeticenthusiasticgiddyinvigoratedlivelypassionatesurprisedvibrantEXHILARATEDblissfulecstaticelatedenthralledexuberantradiantrapturousthrilledGRATEFULappreciativemovedthankfultouchedHOPEFULexpectantencouragedoptimistic | JOYFULamuseddelightedgladhappyjubilantpleasedtickledPEACEFULcalmclear headedcomfortablecentredcontentequanimousfulfilledmellowquietrelaxedrelievedsatisfiedserenestilltranquiltrustingREFRESHEDenlivenedrejuvenatedrenewedrestedrestoredrevived |

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## feelings when your needs are not satisfied

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| AFRAIDapprehensivedreadfulforebodingfrightenedmistrustfulpanickedscaredsuspiciousterrifiedwaryworriedANNOYEDaggravateddismayeddisgruntleddispleasedexasperatedfrustratedimpatientirritatedirkedresentfulANGRYenragedfuriousincensediratelividoutragedresentful | CONFUSEDambivalentbaffledbewildereddazedhesitantlostmystifiedperplexedpuzzledtornDISCONNECTEDalienatedaloofapatheticboredcolddetacheddistantdistractedindifferentnumbremoveduninterestedwithdrawnEMBARRASSEDashamedchagrinedflusteredguiltymortifiedself-conscious | DISQUIETagitatedalarmeddiscombobulateddisconcerteddisturbedperturbedrattledrestlessshockedstartledsurprisedtroubledturbulentturmoiluncomfortableuneasyunnervedunsettledupsetFATIGUEDbeatburnt outdepletedexhaustedlethargiclistlesssleepytiredwearyworn out | PAINagonyanguishedbereaveddevastatedgriefheartbrokenhurtlonelymiserableregretfulremorsefulSADdepresseddejecteddespairdespondentdisappointeddiscourageddisheartenedforlorngloomyheavy heartedhopelessmelancholyunhappywretched | TENSEanxiouscrankydistresseddistraughtedgyfidgetyfrazzledirritablejitterynervousoverwhelmedrestlessstressed out VULNERABLEfragileguardedhelplessinsecureleeryreservedsensitiveshakyYEARNINGenviousjealouslongingnostalgicpining |