

Feelings when your needs are satisfied

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

Feelings when your needs are not satisfied

- **AFRAID:** apprehensive, dread, foreboding, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried
- **ANNOYED:** aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked
- **ANGRY:** enraged, furious, incensed, indignant, irate, livid, outraged, resentful
- **AVERSION:** animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed
- **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alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

- DISQUIET: agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset
- EMBARRASSED: ashamed, chagrined, flustered, guilty, mortified, self-conscious
- FATIGUE: 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, wistful