

Feelings

Feelings show you that a need is either being met or not met

PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED

AFFECTIONATE

compassionate
fond
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

brave
empowered
powerful
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
enthralled
entranced
fascinated
interested
intrigued
involved
impish
open
spellbound
stirred
stimulated

EXCITED

animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
euphoric
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
effervescent
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciative
gratified
moved
thankful
touched

HOPEFUL

expectant
encouraged
glad
jazzed
light hearted
optimistic
sanguine
up
upbeat

INSPIRED

amazed
awed
motivated
psyched
wonder

JOYFUL

amused
cheerful
delighted
happy
jubilant
pleased
playful
tickled

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

UNPLEASANT FEELINGS WHEN NEEDS ARE NOT SATISFIED

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
trepidation
wary
worried

ANGRY

bitter
enraged
furious
hostile
incensed
indignant
irate
livid
outraged
resentful

ANNOYED

aggravated
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

AVERSION

animosity
appalled
contempt
disgusted
dislike
enmity
hate
horrified
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
lost
mystified
perplexed
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
dissociated
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

alarmed
concerned
discombobulated
disconcerted
dismayed
disturbed
perturbed
pessimistic
puzzled
miffed
rattled
restless
shocked
skeptical
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

abashed
ashamed
chagrined
discomfited
flustered
guilty
mortified
self-conscious
frozen

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
pooped
sleepy
tired
weary
wiped out
worn out

PAIN

aching
agony
anguished
bereaved
burning
devastated
discomfort
grief
heartbroken
hungry
hurt
lonely
miserable
regretful
remorseful
sick
sore
strained
tormented

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE

agitated
anxious
closed
cranky
distressed
distraught
edgy
fidgety
frazzled
grumpy
hesitant
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
reluctant
sensitive
tender
shaky

YEARNING

craving
envious
hankering
jealous
longing
nostalgic
pining
thirsting
wanting
wistful

BELIEF-BASED "FAUX" FEELINGS

Often confused as feelings, these words can imply blame and wrongness creating an enemy image:

Abandoned	Manipulated
Abused	Misunderstood
Attacked	Neglected
Belittled	Overworked
Betrayed	Patronized
Blamed	Pressured
Bullied	Provoked
Cheated	Put Down
Coerced	Rejected
Cornered	Smothered
Criticized	Threatened
Ignored	Tricked
Intimidated	Unappreciated
Invisible	Used
Judged	Violated

