

Feelings When Your Needs Are Satisfied

affectionate	confident	grateful	peaceful	intrigued
friendly	empowered	appreciative	calm	involved
loving	open	moved	comfortable	stimulated
open hearted	safe	thankful	centered	hopeful
sympathetic	secure	touched	content	expectant
tender	excited	inspired	fulfilled	optimistic
warm	amazed	amazed	mellow	passionate
engaged	aroused	joyful	quiet	surprised
absorbed	eager	amused	relaxed	vibrant
alert	enthusiastic	delighted	relieved	rapturous
curious	giddy	glad	still	thrilled
engrossed	invigorated	Happy	tranquil	enthralled
fascinated	lively	exhilarated	trusting	exuberant
rested	elated	blissful	refreshed	radiant

Needs lists

Practical Needs

Air	food	exercise	water	Safety
shelter	touch	Sex		

Connection Needs

acceptance	appreciation	belonging	cooperation	hope
connection	compassion	consideration	consistency	meaning
empathy	growth	connection	community	novelty
security	stability	communication	learning	support
warmth	play	respect	humor	beauty
harmony	inspiration	challenge	Intimacy	purpose
closeness	dependability	stimulation	love	nurturing
mutuality	support	trust		

Feelings List

Feelings When Your Needs Are Not Satisfied

Protective Feelings

annoyed	Animosity	livid	numb
aggravated	appalled	Outraged	removed
dismayed	contempt	unsettled	uninterested
disgruntled	disgusted	upset	withdrawn
displeased	disturbed	resentful	unnerved
exasperated	perturbed	Suspicious	Irate
frustrated	rattled	aloof	despair
impatient	restless	apathetic	despondent
irritated	shocked	cold	disappointed
irked	dislike	detached	discouraged
angry	hate	distant	disheartened
enraged	hostile	distracted	Indignant
furious	repulsed	indifferent	

Vulnerable Feelings

afraid	sad	perplexed	ashamed
apprehensive	pain	puzzled	hesitant
frightened	agony	torn	lost
panicked	anguished	embarrassed	regretful
petrified	bereaved	ashamed	remorseful
scared	devastated	chagrined	hurt
terrified	grief	flustered	lonely
wary	heartbroken	guilty	
worried	self-conscious		

Other Feelings

depressed	exhausted	gloomy	startled
fatigue	lethargic	heavy hearted	surprised
beat	forlorn	hopeless	unhappy
burnt out	uncomfortable	Melancholy	Wretched
depleted	uneasy	listless	confused
worn out	weary	sleepy	baffled
troubled	tired	dazed	bewildered

