

# 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  
courageous  
empowered  
powerful  
proud  
safe  
secure

### **ENGAGED**

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

### **EXCITED**

animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
euphoric  
free  
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  
thoughtful  
wonder

### **JOYFUL**

amused  
cheerful  
delighted  
happy  
jubilant  
pleased  
playful  
tickled

### **REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

### **PEACEFUL**

balanced  
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withdrawn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

### **DISCOMFORT**

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  
meh  
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**

activated  
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. Examples:

Abandoned	Manipulated
Abused	Misunderstood
Attacked	Neglected
Belittled	Overworked
Betrayed	Pressured
Coerced	Provoked
Cornered	Rejected
Criticized	Smothered
Ignored	Threatened
Intimidated	Unappreciated
Invisible	Used

### NEUTRAL FEELINGS

We also experience feelings as neutral, and some will flow between pleasant and unpleasant (example: sensitive, surprised).

