## PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED/FULFILLED

PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED/FULFILLED						
AFFECTIONATE	E ENGAGED	EXCITED	EXHILARATED	HOPEFUL	JOYFUL	PEACEFUL
compassionate	absorbed	animated	blissful	expectant	amused	balanced
fond	alert	ardent	ecstatic	encouraged	cheerful	calm
friendly	curious	aroused	effervescent	glad	delighted	clear headed
loving	engrossed	astonished	elated	jazzed	happy	comfortable
open hearted	enchanted	dazzled	enthralled	light hearted	jubilant	centered
sympathetic	enthralled	eager	exuberant	optimistic	pleased	content
tender	entranced	energetic	radiant	sanguine	playful	equanimous
warm	fascinated	enthusiastic	rapturous	up	tickled	fulfilled
	inquisitive	euphoric	thrilled	upbeat		mellow
CONFIDENT	interested	free			REFRESHED	quiet
brave	intrigued	giddy	GRATEFUL	INSPIRED	enlivened	relaxed
courageous	involved	invigorated	appreciative	amazed	rejuvenated	relieved
empowered	impish	lively	gratified	awed	renewed	satisfied
powerful	open	passionate	moved	motivated	rested	serene
proud	spellbound	surprised	thankful	psyched	restored	still
safe	stirred	vibrant	touched	thoughtful	revived	tranquil
secure	stimulated			wonder		trusting
UNPL	EASANT FEEL	INGS WHEN	NEEDS ARE	NOT SATISFIE	D/NOT FULI	FILLED
					_,	
AFRAID	AVERSION	DISQUIET	FATIGUE	SAD	VULNERABL	
					<b>VULNERABL</b> fragile	E YEARNING craving
AFRAID	AVERSION	DISQUIET	FATIGUE	SAD	<b>VULNERABL</b> fragile guarded	E YEARNING craving envious
<b>AFRAID</b> apprehensive	<b>AVERSION</b> animosity	<b>DISQUIET</b> alarmed	<b>FATIGUE</b> beat burnt out	<b>SAD</b> depressed	<b>VULNERABL</b> fragile guarded helpless	E YEARNING craving envious hankering
<b>AFRAID</b> apprehensive dread	<b>AVERSION</b> animosity appalled	<b>DISQUIET</b> alarmed concerned	<b>FATIGUE</b> beat burnt out	<b>SAD</b> depressed dejected	<b>VULNERABL</b> fragile guarded helpless insecure	E YEARNING craving envious hankering jealous
<b>AFRAID</b> apprehensive dread foreboding	<b>AVERSION</b> animosity appalled contempt	<b>DISQUIET</b> alarmed concerned discombobulat	FATICUE beat burnt out ed depleted	<b>SAD</b> depressed dejected despair	<b>VULNERABL</b> fragile guarded helpless insecure leery	E YEARNING craving envious hankering jealous longing
AFRAID apprehensive dread foreboding frightened	AVERSION animosity appalled contempt disgusted	<b>DISQUIET</b> alarmed concerned discombobulat disconcerted	FATICUE beat burnt out ed depleted exhausted	<b>SAD</b> depressed dejected despair despondent	<b>VULNERABL</b> fragile guarded helpless insecure leery reserved	E YEARNING craving envious hankering jealous longing nostalgic
AFRAID apprehensive dread foreboding frightened mistrustful	AVERSION animosity appalled contempt disgusted dislike	<b>DISQUIET</b> alarmed concerned discombobulat disconcerted dismayed	FATIGUE beat burnt out ed depleted exhausted lethargic	SAD depressed dejected despair despondent disappointed	<b>VULNERABL</b> fragile guarded helpless insecure leery reserved reluctant	E YEARNING craving envious hankering jealous longing nostalgic pining
AFRAID apprehensive dread foreboding frightened mistrustful panicked	AVERSION animosity appalled contempt disgusted dislike enmity	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed	FATIGUE beat burnt out ed depleted exhausted lethargic listless	SAD depressed dejected despair despondent disappointed discouraged	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified	AVERSION animosity appalled contempt disgusted dislike enmity hate	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed	FATIGUE beat burnt out ed depleted exhausted lethargic listless pooped	SAD depressed dejected despair despondent disappointed discouraged disheartened	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic	FATICUE beat burnt out ed depleted exhausted lethargic listless pooped sleepy	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled restless	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED ambivalent	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled restless shocked skeptical	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED ambivalent baffled	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled restless shocked skeptical startled	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary worried	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED ambivalent baffled bewildered dazed lost	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled restless shocked skeptical startled surprised	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out PAIN aching agony	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched <b>TENSE</b>	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary worried	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED ambivalent baffled bewildered dazed lost mystified	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed persimistic puzzled miffed rattled restless shocked skeptical startled surprised troubled	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched <b>TENSE</b> agitated	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky <u>NEUTRAL</u> We also e	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary worried ANGRY bitter	AVERSION animosity appalled contempt disgusted dislike enmity hate horrified repulsed CONFUSED ambivalent baffled bewildered dazed lost	DISQUIET alarmed concerned discombobulat disconcerted dismayed disturbed perturbed pessimistic puzzled miffed rattled restless shocked skeptical startled surprised	FATICUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out PAIN aching agony	SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched <b>TENSE</b>	VULNERABLI fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky <u>NEUTRAL</u> We also e	E YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful

## DISCONNECTED

incensed

indignant

outraged

resentful

ANNOYED

aggravated

disgruntled

displeased

frustrated

impatient

irritated

irked

exasperated

irate

livid

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

uncomfortable uneasy unnerved unsettled upset **EMBARRASSED** abashed ashamed chagrined discomfited flustered

guilty

frozen

mortified

self-conscious

devastated discomfort grief heartbroken hungry hurt lonely miserable regretful remorseful

sick

sore

strained

tormented

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

and some will flow between pleasant and unpleasant (example: sensitive, surprised).



list curated by Nonviolent Communication Guide, Jen Gergen I www.jengergen.com