

Feelings

Feelings, pleasant or unpleasant, show you that a need is being met or not.

PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED/FULFILLED

AFFECTIONATE compassionate fond friendly loving open hearted sympathetic tender warm	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	HOPEFUL expectant encouraged glad jazzed light hearted optimistic sanguine up upbeat	JOYFUL amused cheerful delighted happy jubilant pleased playful tickled	PEACEFUL balanced calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting
CONFIDENT brave courageous empowered powerful proud safe secure			GRATEFUL appreciative gratified moved thankful touched	INSPIRED amazed awed motivated psyched thoughtful wonder	REFRESHED enlivened rejuvenated renewed rested restored revived	

UNPLEASANT FEELINGS WHEN NEEDS ARE NOT SATISFIED/NOT FULFILLED

AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified trepidation wary worried	AVERSION animosity appalled contempt disgusted dislike enmity hate horrorified repulsed	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	FATIGUE 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	VULNERABLE fragile guarded helpless insecure leery reserved reluctant sensitive tender shaky	YEARNING craving envious hankering jealous longing nostalgic pining thirsting wanting wistful
ANGRY bitter enraged furious hostile incensed indignant irate livid outraged resentful	CONFUSED ambivalent baffled bewildered dazed lost mystified perplexed torn		PAIN aching agony anguished bereaved burning devastated discomfort grief heartbroken hungry hurt lonely miserable regretful remorseful sick sore strained tormented	TENSE agitated anxious closed cranky distressed distraught edgy fidgety frazzled grumpy hesitant irritable jittery nervous overwhelmed restless stressed out		
ANNOYED aggravated disgruntled displeased exasperated frustrated impatient irritated irked	DISCONNECTED alienated aloof apathetic bored cold detached dissociated distant distracted indifferent numb removed uninterested withdrawn	EMBARRASSED abashed ashamed chagrined discomfited flustered guilty mortified self-conscious frozen				

NEUTRAL FEELINGS

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

