

# Feelings

## When my needs are met I feel ...

### CALM

in trust  
at ease  
comfortable  
home  
relaxed  
serene  
quiet  
peaceful  
grounded  
balanced  
silent  
relieved  
content  
fulfilled  
satisfied  
mild

### GRATEFUL

appreciation  
thankful  
warmly  
encouraging

### HAPPY

joy  
charmed  
animated  
excited  
pleasure

### LIVELY

awake  
aroused  
enthusiastic  
eager  
energetic  
passionate  
cheerful  
surprised  
full of life  
blissful  
ecstatic  
shining  
bewildered  
amazed  
tingling

### CURIOUS

fascinated  
interested  
engaged  
fascinated

### SELF

### CONFIDENCE

empowered  
pride  
hope  
optimism  
powerful

### COMPASSION

tenderness  
warm  
open  
loving  
touched  
moved  
affection  
friendly

### REFRESHED

rested  
reborn  
restored  
charged  
clear-headed  
vigorous  
abundant

### TURMOIL

insecure  
worried  
disturbed  
grumpy  
restless  
alert  
unsettled  
shocked  
uncomfortable  
uneasy

### TIRED

overwhelmed  
burn-out  
exhaustion  
sleepy  
worn

### WORRY

jumpy  
overstimulated  
restless  
concern  
stress

### NERVOUS

fragile  
insecure  
reserved  
sensitive

### CONFUSED

torn  
doubt  
lost  
hesitate  
dull  
dazed  
perplex  
entangled

### FEAR

anxious  
afraid  
mistrust  
panic  
petrified  
scared

### ANGER

displeased  
upset  
rage  
furious

### SAD

heavy-hearted  
nostalgic  
down  
disappointed  
discouraged  
desirous  
melancholic  
hopeless  
helpless  
depressed  
desperate  
shaky  
cold  
depressed

## When my needs are not met I feel ...

### PAIN

guilt  
hurt  
lonely  
mourning  
regret  
grief  
heartache  
beaten  
destroyed  
anguished  
suffer  
upset

### HATE

hostile  
aversion  
bitter  
disgust

### BOREDOM

insensible  
numb  
withdrawn  
apathetic  
impatient

### SHAME

embarrassed  
shy

### JEALOUS

envious

### ANNOYANCE

irritation  
frustration  
bitterness  
resistance

### PHYSICAL SENSATIONS

stomach ache  
shrink  
lump in throat  
sick  
weak  
rush  
empty  
choke  
tension  
out of breath  
dizzy  
hastily  
contraction  
blurry  
vibrate  
shivering  
chilly