

Feelings - Sensations - Emotions

www.tamaracatharina.com

When my needs are met I feel ...

| | | |
|-------------|--------------|--------------|
| TOUCHED | grounded | eager |
| affection | balanced | energetic |
| compassion | relief | passionate |
| tender | content | cheerful |
| warm | fulfilled | surprise |
| open | satisfied | full of life |
| loving | mild | blissful |
| moved | clear-headed | ecstatic |
| friendly | | radiant |
| | INSPIRED | bewildered |
| CONFIDENT | amazed | amazement |
| empowered | in awe | excitement |
| strong | wonder | |
| proud | | CURIOUS |
| hopeful | GRATEFUL | fascinated |
| optimistic | appreciative | interested |
| | moved | engaged |
| CALM | thankful | fascinated |
| in trust | warm | |
| at ease | open-hearted | REFRESHED |
| comfortable | touched | rested |
| at home | moved | reborn |
| relaxed | | restored |
| serene | LIVELY | charged |
| quiet | awake | clear-headed |
| centred | aroused | vigorous |
| peaceful | enthusiastic | abundant |

JOYFUL
happy
charmed
amused
excited
pleasure
glad

VULNERABLE
insecure
worried
disturbed
grumpy
restless
alert
unsettled
shocked
uncomfortable
uneasy

CONFUSED
torn
doubt
lost
hesitate
dull
perplex

SHAME
embarrassed
shy

WORRY
jumpy
overstimulated
restless
concern
stress

HATE
hostile
aversion
bitter
disgust

SAD
heavy-hearted
nostalgic

down
disappointed
discouraged
desirous
melancholic
hopeless
helpless

depressed
desperate
shaky
cold

BOREDOM
insensible
numb
withdrawn
apathetic
impatient

TIRED
overwhelmed
burn-out
exhaustion
sleepy
worn

FEAR
anxious
afraid
mistrust
panic
petrified
scared
suspicious

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

ANGER
displeased
upset
rage
furious

PHYSICAL
UNEASE
stomach ache
shrink
lump in throat
sick
weak

rush
empty
choke
tension
out of breath
dizzy
contraction
hastily
blurry
vibrate
shivering
chilly

NERVOUS
fragile
insecure
reserved
sensitive

JEALOUS
envious
ANNOYED
irritation
frustration
bitterness
resistance

When my needs are not met I feel ...