

**Feelings:** are words that describe emotional states or body sensations. They alert us to look deeper into ourselves and connect with our needs and values.

### Feelings when your needs are satisfied:

#### **AFFECTIONATE**

Compassionate, friendly, loving open-hearted warm sympathetic, tender

#### **ENGAGED**

Absorbed, alert, curious engrossed, enchanted entranced, fascinated Interested, intrigued, involved spellbound, stimulated

#### **EXHILARATED**

Blissful, Captivated, ecstatic, elated, enthralled exuberant, radiant, rapturous, thrilled, vital

#### **INSPIRED**

Amazed, awed, wonder

#### **EXCITED**

Amazed, animated, ardent Aroused, astonished, eager dazzled, energetic Enthusiastic, giddy, lively invigorated, passionate Surprised, vibrant

#### **GRATEFUL**

Appreciative, moved, Thankful, touched

#### **HOPEFUL**

Expectant, encouraged, Optimistic

#### **CONFIDENT**

Empowered, open, proud, Safe,secure

#### **JOYFUL**

happy, amused, glad, jubilant, pleased, tickled

#### **PEACEFUL**

Balanced, calm, clear, comfortable Centered, content Equanimous, fulfilled, quiet Mellow, relaxed, relieved Satisfied, serene, still, Tranquil, trusting

#### **REFRESHED**

enlivened rejuvenated, renewed rested, restored, revived

### Feelings when your needs are not satisfied:

#### **AFRAID**

Apprehensive, dread Foreboding, frightened Mistrustful, panicked Petrified, scared, suspicious terrified, wary, worried

#### **ANNOYED**

Aggravated, dismayed Disgruntled, displeased Exasperated, frustrated Impatient, irritated, irked

#### **ANGRY**

Enraged, furious, incensed, indignant, irate, livid, Outraged, resentful

#### **AVERSION**

Animosity, appalled, dislike Contempt, disgusted, hate Horrified, hostile, repulsed

#### **CONFUSED**

Ambivalent, baffled, lost bewildered dazed, hesitant, torn, mystified, perplexed puzzled

#### **DISCONNECTED**

Alienated, aloof, apathetic Bored, cold, detached, distant Distracted, indifferent, numb Removed, uninterested withdrawn

#### **DISQUIET**

Agitated, alarmed, discombobulated, disturbed disconcerted, rattled, restless perturbed, shocked, startled surprised, tense, troubled, turbulent turmoil, uncomfortable, uneasy, unnerved, unsettled upset, worried.

#### **EMBARRASSED**

ashamed chagrined flustered guilty mortified self-conscious

#### **FATIGUE**

beat burntout depleted exhausted lethargic listless sleepy tired weary worn out

#### **YEARNING**

Envious, jealous, longing, pining

#### **PAIN**

agony, anguished, bereaved devastated, grief, hurt heartbroken, lonely, miserable, regretful, remorseful

#### **SAD**

Depressed, dejected despair despondent, disappointed Discouraged, disheartened Forlorn, gloomy, heavy hearted, hopeless, melancholy, unhappy, wretched, weepy

#### **TENSE**

Anxious, cranky, distressed distraught, edgy, fidgety, Frazzled, irritable, jittery, Nervous, overwhelmed, Restless, stressed out

#### **VULNERABLE**

Fragile, guarded, helpless, Insecure, leery, reserved, Sensitive, shaky