

Feeling Words

WHEN NEEDS ARE NOT BEING MET	WHEN NEEDS ARE BEING MET
Hostile Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Distain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive	Exhilarated Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy
Angry Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off	Excited Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate
Annoyed Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight	Inspired Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder
Upset Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled	Joyful Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled
Tense Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy	Relaxed At ease, Carefree, Comfortable, Open
Afraid Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Scared, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Reserved, Sensitive, Shaky, Unsteady	Curious Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated
Vulnerable Cautious, Fragile, Guarded, Helpless, Insecure, Helpless, Leery, Reluctant	Confident Empowered, Proud, Safe, Secure, Self-assured
Confused Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn	Engaged Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved
Embarrassed Ashamed, Chagrined, Contrite, Guilty, Disgraced, Humiliated, Mortified, Remorse, Regretful, Self-conscious	Hopeful Expectant, Encouraged, Optimistic
Longing Envious, Jealous, Nostalgic, Pining, Wistful, Yearning	Grateful Appreciative, Moved, Thankful, Touched
Tired Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out	Refreshed Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived, Energetic
Disconnected Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn	Affectionate Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm
Sad Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy	Peaceful Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil
Shocked Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised	Relieved Complacent, Composed, Cool, Trusting
Pain Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched	Content Glad, Cheerful, Fulfilled, Satisfied