

FEELINGS

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

When our needs are being met

Affectionate, compassionate, friendly, loving, open hearted, sympathetic, tender, warm

Confident, empowered, open, proud, safe, secure

Engaged, absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated

Inspired, amazed, awed, wonder

Excited, amazed, aimed, ardent aroused, astonished, dazzled, eager, energetic, enthusiastic, giddy, invigorated, lively, passionate, surprised, vibrant

Exhilarated, blissful, ecstatic, elated, enthralled, exuberant, radiant, rapturous, thrilled

Grateful, appreciative, moved, thankful, touched

Hopeful, expectant, encouraged, optimistic

Joyful, amused, delighted, glad happy, jubilant, pleased, tickled

Peaceful, calm, clear-headed, comfortable, centered, content, equanimous, fulfilled, mellow, quiet, relaxed, Relieved, satisfied, serene, still, tranquil, trusting

Refreshed, enlivened, rejuvenated, renewed, rested restored, revived

When our needs are not being met

Afraid, apprehensive, dread, foreboding frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried

Annoyed, aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

Angry/mad, enraged, furious, incensed, indignant, irate, livid, outraged, resentful

Aversion, animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile

Confused, ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

Disconnected, alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

Disquiet, agitated, alarmed discombobulated, disconcerted disturbed, perturbed, rattled, restless, shocked, startled surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset,

Embarrassed, ashamed, chagrined, flustered, guilty, mortified, self-conscious

Fatigued, beat, burnt out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out

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

Sad, depressed dejected, despair, despondent, disappointed discouraged, disheartened, forlorn, gloomy, heavy hearted, hopeless, melancholy, unhappy, wretched

Tense, anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed out,

Vulnerable, fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky, shy

Yearning, envious, jealous, longing, nostalgic, pining, wistful