

## Emotions/Feelings When Your Needs are Satisfied

<b>AFFECTIONATE</b> Compassionate Friendly Loving Openhearted Sympathetic Tender Warm	<b>EXHILERATED</b> Blissful Ecstatic Elated Enthralled Exuberant Radiant Rapturous Thrilled	<b>JOYFUL</b> Amused Delighted Glad Happy Jubilant Pleased Tickled	<b>HOPEFUL</b> Encouraged Expectant Optimistic
<b>CONFIDENT</b> Empowered Open Proud Safe Secure	<b>GRATEFUL</b> Appreciative Moved Thankful Touched	<b>REFRESHED</b> Enlivened Rejuvenated Renewed Rested Restored Revived	<b>INSPIRED</b> Amazed Awed Wonder
<b>ENGAGED</b> Absorbed Alert Curious Enchanted Engrossed Entranced Fascinated Interested Intrigued Involved Spellbound Stimulated	<b>EXCITED</b> Amazed Animated Ardent Aroused Astonished Dazzled Eager Energetic Enthusiastic Giddy Invigorated Lively Passionate Surprised Vibrant	<b>PEACEFUL</b> Calm Centred Clearheaded Comfortable Content Equanimous Fulfilled Mellow Quiet Relaxed Relieved Satisfied Serene Still Tranquil Trusting	

## Emotions/Feelings When Your Needs Are Not Satisfied

<p><b>AFRAID</b></p> <p>Apprehensive Dread Foreboding Frightened Mistrustful Panicked Petrified Scared Suspicious Terrified Wary Worried</p>	<p><b>FATIGUE</b></p> <p>Beat Burnt out Depleted Exhausted Lethargic Listless Sleepy Tired Weary Worn out</p>	<p><b>PAIN</b></p> <p>Agony Anguished Bereaved Devastated Grief Heartbroken Hurt Lonely Miserable Regretful Remorseful</p>	<p><b>CONFUSED</b></p> <p>Ambivalent Baffled Bewildered Dazed Hesitant Lost Mystified Perplexed Puzzled Torn</p>	<p><b>ANNOYED</b></p> <p>Aggravated Disgruntled Dismayed Displeased Exasperated Frustrated Impatient Irked Irritated</p>
<p><b>DISQUIET</b></p> <p>Agitated Alarmed Discombobulated Disconcerted Disturbed Perturbed Rattled Restless Shocked Startled Surprised Troubled Turbulent Turmoil Uncomfortable Uneasy Unnerved Unsettled Upset</p>	<p><b>SAD</b></p> <p>Dejected Depressed Despair Despondent Disappointed Discouraged Disheartened Forlorn Gloomy Heavyhearted Hopeless Melancholy Unhappy Wretched</p>	<p><b>DISCONNECTED</b></p> <p>Alienated Aloof Apathetic Bored Cold Detached Distant Distracted Indifferent Numb Removed Uninterested Withdrawn</p>	<p><b>TENSE</b></p> <p>Anxious Cranky Distraught Distressed Edgy Fidgety Frazzled Irritable Jittery Nervous Overwhelmed Restless Stressed out</p>	<p><b>AVERSION</b></p> <p>Animosity Appalled Contempt Disgusted Dislike Hate Horrorified Hostile Repulsed</p>
<p><b>EMBARRASSED</b></p> <p>Ashamed Chagrined Flustered Guilty Mortified Self-conscious</p>	<p><b>ANGRY</b></p> <p>Enraged Furious Incensed Indignant Irate Livid Outraged Resentful</p>	<p><b>YEARNING</b></p> <p>Envious Jealous Longing Nostalgic Pining Wistful</p>	<p><b>VULNERABLE</b></p> <p>Fragile Guarded Helpless Insecure Leery Reserved Sensitive Shaky</p>	