

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Alienated, aloof, apathetic Bored, cold, detached, distant Distracted, indifferent, numb Removed, uninterested withdrawn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