
WHEN MY NEEDS ARE SATISFIED, I FEEL...

AFFECTIONATE

amorous
closeness
compassionate
friendly
loving
adoring
lovey-dovey
open hearted
sympathetic
romantic
tender
warm

ENGAGED

absorbed
alert
attracted
curious
earnest
engrossed
enchanted
entranced
fascinated
inquisitive
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

adventurous
certain
comforted
determined
empowered
loved
open
proud
reassured
receptive
safe
secure

EXCITED

alive
amazed
animated
ardent
aroused
astonished
carefree
dazzled
eager
effervescent
electrified
energetic
enthusiastic
frisky
lustful
giddy
invigorated
lively
passionate
playful
spirited
surprised
vibrant
zestful

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

admiration
amazed
awed
expansive
wonder

JOYFUL

amused
buoyant
cheerful
delighted
glad
gleeful
happy
goofy
impish
jubilant
merry
mischievous
overjoyed
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
intense
radiant
rapturous
thrilled

PEACEFUL

at ease
calm
clear headed
comfortable
composed
centered
content
equanimous
fulfilled
mellow
neutral
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

WHEN MY NEEDS ARE NOT SATISFIED, I FEEL...

AFRAID

preoccupied
apprehensive
trepidation
angst
mistrustful
wary
suspicious
cowardly
worried
dread
intimidated
alarmed
spooked
foreboding
scared
frightened
frozen
petrified
panicked
terrified

ANNOYED

impatient
irked
displeased
irritated
aggravated
disgruntled
frustrated
cantankerous
dismayed
exasperated

ANGRY

resentful
crabby
grouchy
grumpy
offended
miffed
piqued
rancorous
indignant
outraged
incensed
infuriated
furious
fuming
seething
irate
livid
enraged

CONFUSED

hesitant
ambivalent
disconcerted
doubtful
torn
perplexed
puzzled
skeptical
uncertain
unsure
disbelief
taken aback
baffled
befuddled
stuck
stumped
flummoxed
bewildered
boggled
dazed
lost
at sea
mystified
stunned

DISCONNECTED

distracted
uninterested
disinterested
nonchalant
blah
dull
bored
cold
empty
detached
indifferent
distant
removed
alienated
lonely
aloof
withdrawn
numb
apathetic

DISQUIET

preoccupied
disconcerted
uneasy
uncomfortable
disturbed
troubled
unsettled
unsteady
perturbed
restless
surprised
startled
shocked
stunned
stupefied
rattled
upset
unnerved
turmoil
discombobulated
agitated
alarmed

EMBARRASSED

self-conscious
sheepish
timid
bashful
shy
flustered
awkward
guilty
remorseful
repentant
chagrined
humiliated
ashamed
mortified

FATIGUE

sleepy
mopey
tired
beat
depleted
lethargic
listless
weary
spent
worn out
burnt out
drained
exhausted

SAD

disappointed
discouraged
pessimistic
regretful
sulky
consternation
unhappy
heavy hearted
remorseful
bummed out
melancholy
glum
gloomy
blue
disheartened
forlorn
crushed
resigned
mournful
grief
bereaved
sorrow
depressed
hopeless
dejected
wretched
despondent
desolate
despair

PAIN

uncomfortable
hurt
bad
sore
bruised
anguished
aching
heartbroken
grief
stricken
bereaved
miserable
crushed
agony
devastated

ANXIOUS

fidgety
edgy
jittery
restless
nervous
cranky
irritable
tense
stressed out
distressed
frazzled
distraught
overwhelmed

VULNERABLE

reserved
guarded
leery
sensitive
fragile
tender
needy
insecure
shaky
helpless
paralyzed

YEARNING

wistful
nostalgic
pining
dissatisfied
envious
longing
craving
greedy
jealous

AVERSION

dislike
reluctant
bitter
animosity
hostile
contempt
hate
disgusted
repulsed
appalled
loathing
aghast
horrified