

Feelings likely to be present when needs are being satisfied:

adventurous	affection/ate	alert
alive	amazed	amused
appreciation	aroused	astonished
blissful	buoyant	calm
carefree	cheerful	comfortable
complacent	composed	concerned
confident	contented	curious
dazzled	delighted	dreamy
eager	ecstatic	elated
encouraged	energetic	engrossed
enlivened	enthusiastic	exalted
excited	exuberant	fascinated
free	friendly	fulfilled
gay	glad	gleeful
glowing	grateful	gratified
groovy	happy	helpful
hopeful	horny	inspired
interested	intrigued	invigorated
involved	joy / ful / ous	jubilant
keyed-up	love / ing	mellow
merry	moved	optimistic
overjoyed	peaceful	pleasant
proud	quiet	radiant
refreshed	relief	satisfied
secure	stimulated	surprised
tender / ness	thankful	thrilled
touched	tranquil	charged-up
wild	wonderful	warm
enchantment		

Please remember that these feeling words are only examples; you probably have many feelings not listed here. This is not an “official” list by any means!

Feelings likely to be present when needs are not being satisfied:

agitated	afraid	aggravated
angry	alarmed	aloof
ambivalent	alone	anguished
annoyed	anxious	apprehensive
aroused	beat	bitter
blah	blue	brokenhearted
bored	concerned	confused
cross	dejected	depressed
despair	despondent	detached
disappointed	devastated	discouraged
disgusted	disinterested	dismayed
displeased	distressed	disturbed
downcast	downhearted	dread
edgy	embarrassed	exasperated
exhausted	fearful	fidgety
forlorn	frightened	furios
frustrated	gloomy	guilty
hate	helpless	horrified
horrible	hesitant	hostile
horny	humdrum	hurt
impatient	indifferent	insecure
irate	irked	keyed-up
jealous	let-down	lonely
mad	melancholy	miserable
isolated	mopy	nervous
overwhelmed	pessimistic	puzzled
resentful	repulsed	restless
sad	scared	shaky
shocked	skeptical	sorrowful
sorry	startled	surprised
suspicious	terrified	troubled
tired	uncomfortable	unconcerned
uneasy	unhappy	upset
uptight	weary	worried
grim		

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