

Feelings / Emotions List

Below are feelings likely to be present when our needs ARE or ARE NOT being met. This list is neither exhaustive nor definitive. It is meant as a starting place to support deepening self-discovery and to facilitate greater understanding and connection between people.

PEACEFUL

tranquil
calm
content
absorbed
expansive
serene
loving
blissful
satisfied
relaxed
relieved
quiet
carefree
composed
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
trusting
open
thankful
radiant
adoring
passionate

GLAD

happy
excited
hopeful
joyful
satisfied
delighted
encouraged
grateful
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic

PLAYFUL

energetic
invigorated
zestful
refreshed
impish
alive
lively
exuberant
giddy
adventurous
mischievous
jubilant
goofy
buoyant
electrified

INTERESTED

involved
inquisitive
intense
enriched
alert
aroused
astonished
concerned
curious
eager
enthusiastic
fascinated
intrigued
surprised
helpful

MAD

impatient
irritated
disgruntled
frustrated
edgy, irked
grouchy
agitated
exasperated
disgusted
cantankerous
animosity
bitter
rancorous
irate, furious
angry
hostile
enraged

SAD

lonely
troubled
helpless
gloomy
overwhelmed
distant
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
blue
miserable
melancholy

SCARED

afraid
nervous
startled
anxious
worried
lonely
insecure
anguished
sensitive
shocked
apprehensive
jealous
terrified
horrificed
desperate
suspicious
frightened

TIRED

exhausted
fatigued
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
sleepy
disinterested
reluctant
bored
dull
listless
blah
mopey
heavy

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
hurt, hurting
uneasy
suspicious
puzzled
unsteady
restless
skeptical
detached
chagrined