

Feelings

NEEDS ARE MET

adventurous	happy
affectionate	hopeful
alert	inspired
amazed	interested
amused	invigorated
aroused	joyful
blissful	jubilant
calm	loving
comfortable	motivated
compassionate	open
confident	open-hearted
content	optimistic
courageous	passionate
curious	peaceful
delighted	playful
eager	pleased
elated	refreshed
encouraged	relaxed
energetic	relieved
enthusiastic	rested
equanimous	revived
excited	satisfied
exhilarated	stimulated
exuberant	tender
fulfilled	tickled
giddy	touched
glad	vibrant
grateful	warm

NEEDS ARE NOT MET

aggravated	enraged	nervous
agitated	envious	numb
alarmed	exasperated	overwhelmed
ambivalent	exhausted	panicked
angry	fatigue	perplexed
anguished	fearful	pining
annoyed	flustered	regretful
anxious	forlorn	reluctant
apathetic	frazzled	remorseful
appalled	frightened	repulsed
apprehensive	frustrated	resentful
astonished	furious	restless
baffled	gloomy	sad
bewildered	guilty	scared
bitter	hateful	shocked
bored	heavy hearted	sorrowful
cautious	helpless	startled
chagrined	hesitant	stressed
concerned	hopeless	surprised
confused	horrified	suspicious
cranky	hostile	tense
depressed	impatient	terrified
despair	irate	tired
despondent	irked	torn
disappointed	irritable	uncomfortable
discombobulated	lethargic	uneasy
discouraged	lonely	unhappy
disgusted	longing	upset
disheartened	mad	vulnerable
dismayed	melancholy	wary
displeased	mischievous	weary
disturbed	mortified	wistful
embarrassed	mystified	worried
		yearning