Feelings when your needs are satisfied

AFFECTIONATE

compassionate friendly loving open hearted sympathetic tender warm

CONFIDENT

empowered open proud safe secure

ENGAGED

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

INSPIRED

amazed awed wonder

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciative moved thankful touched

HOPEFUL

expectant encouraged optimistic

JOYFUL

amused delighted glad happy jubilant pleased tickled

PEACEFUL

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

REFRESHED

enlivened rejuvenated renewed rested restored revived

Feelings when your needs are not satisfied

AFRAID	repulsed	uncomfortable	disappointed
apprehensive		uneasy	discouraged
dread	CONFUSED	unnerved	disheartened
foreboding	ambivalent	unsettled	forlorn
frightened	baffled	upset	gloomy
mistrustful	bewildered		heavy hearted
panicked	dazed	EMBARRASSED	hopeless
petrified	hesitant	ashamed	melancholy
scared	lost	chagrined	unhappy
suspicious	mystified	flustered	wretched
terrified	perplexed	guilty	
wary	puzzled	mortified	TENSE
worried	torn	self-conscious	anxious
			cranky
ANNOYED	DISCONNECTED	FATIGUE	distressed
aggravated	alienated	beat	distraught
dismayed	aloof	burnt out	edgy
disgruntled	apathetic	depleted	fidgety
displeased	bored	exhausted	frazzled
exasperated	cold	lethargic	irritable
frustrated	detached	listless	jittery
impatient	distant	sleepy	nervous
irritated	distracted	tired	overwhelmed
irked	indifferent	weary	restless
	numb	worn out	stressed out
ANGRY	removed		
enraged	uninterested	PAIN	VULNERABLE
furious	withdrawn	agony	fragile
incensed		anguished	guarded
indignant	DISQUIET	bereaved	helpless
irate	agitated	devastated	insecure
livid	alarmed	grief	leery
outraged	discombobulated	heartbroken	reserved
resentful	disconcerted	hurt	sensitive
	disturbed	lonely	shaky
AVERSION	perturbed	miserable	
animosity	rattled	regretful	YEARNING
appalled	restless	remorseful	envious
contempt	shocked		jealous
disgusted	startled	SAD	longing
dislike	surprised	depressed	nostalgic
hate	troubled	dejected	pining
horrified	turbulent	despair	wistful
hostile	turmoil	despondent	