

Feelings Sheet

Feelings when your needs are met:

| | | | | |
|--------------|--------------|----------------|-------------|------------|
| absorbed | confident | fascinated | jubilant | secure |
| adventurous | contented | free | keyed-up | sensitive |
| affectionate | cool | friendly | loving | serene |
| alert | curious | fulfilled | mellow | spellbound |
| alive | dazzled | glad | merry | splendid |
| amazed | delighted | gleeful | mirthful | stimulated |
| amused | eager | glorious | moved | surprised |
| animated | ebullient | glowing | optimistic | tender |
| appreciative | ecstatic | good-humored | overjoyed | thankful |
| ardent | effervescent | grateful | overwhelmed | touched |
| aroused | elated | gratified | peaceful | thrilled |
| astonished | enchanted | happy | perky | tranquil |
| blissful | encouraged | helpful | pleasant | trusting |
| breathless | energetic | hopeful | pleased | upbeat |
| buoyant | engrossed | inquisitive | proud | warm |
| calm | enlivened | inspired | quiet | wonderful |
| carefree | enthusiastic | intense | radiant | zestful |
| cheerful | excited | interested | rapturous | |
| comfortable | exhilarated | intrigued | refreshed | |
| complacent | expansive | invigorated | relaxed | |
| composed | expectant | involved | relieved | |
| concerned | exultant | joyous, joyful | satisfied | |

*Feelings when your needs are **not** met:*

| | | | | |
|---------------|--------------|-------------|-------------|---------------|
| afraid | cross | exasperated | irritated | repelled |
| aggravated | dejected | exhausted | jealous | resentful |
| agitated | depressed | fatigued | jittery | restless |
| alarmed | despairing | fearful | keyed-up | sad |
| aloof | despondent | fidgety | lazy | scared |
| angry | detached | forlorn | lethargic | sensitive |
| anguished | disaffected | frightened | listless | shocked |
| annoyed | disappointed | frustrated | lonely | skeptical |
| anxious | discouraged | furious | mad | sorrowful |
| apathetic | disenchanted | gloomy | mean | sorry |
| apprehensive | disgruntled | guilty | miserable | spiritless |
| aroused | disgusted | heavy | mopey | suspicious |
| ashamed | disheartened | helpless | morose | tepid |
| beat | dismayed | hesitant | mournful | terrified |
| bewildered | displeased | horrible | nervous | troubled |
| bitter | disquieted | horrified | nettled | uncomfortable |
| blah | distressed | hostile | numb | uneasy |
| blue | disturbed | humdrum | overwhelmed | unhappy |
| bored | downcast | hurt | panicky | unnerved |
| brokenhearted | downhearted | impatient | passive | upset |
| chagrined | dull | indifferent | perplexed | uptight |
| cold | edgy | intense | pessimistic | weary |
| concerned | embarrassed | irate | rancorous | woeful |
| confused | embittered | irked | reluctant | worried |