Feelings Inventory

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

Feelings when your needs are satisfied

<table>
<thead>
<tr>
<th>AFFECTIONATE</th>
<th>CONFIDENT</th>
<th>GRATEFUL</th>
<th>PEACEFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td>compassionate</td>
<td>empowered</td>
<td>appreciative</td>
<td>calm</td>
</tr>
<tr>
<td>friendly</td>
<td>open</td>
<td>moved</td>
<td>clear headed</td>
</tr>
<tr>
<td>loving</td>
<td>proud</td>
<td>thankful</td>
<td>comfortable</td>
</tr>
<tr>
<td>open hearted</td>
<td>safe</td>
<td>touched</td>
<td>centered</td>
</tr>
<tr>
<td>sympathetic</td>
<td>secure</td>
<td></td>
<td>content</td>
</tr>
<tr>
<td>tender</td>
<td></td>
<td></td>
<td>equanimous</td>
</tr>
<tr>
<td>warm</td>
<td></td>
<td></td>
<td>fulfilled</td>
</tr>
<tr>
<td>ENGAGED</td>
<td>EXCITED</td>
<td>INSPIRED</td>
<td>mellow</td>
</tr>
<tr>
<td>absorbed</td>
<td>amazed</td>
<td>awed</td>
<td>quiet</td>
</tr>
<tr>
<td>alert</td>
<td>animated</td>
<td>wonder</td>
<td>relaxed</td>
</tr>
<tr>
<td>curious</td>
<td>ardent</td>
<td></td>
<td>relieved</td>
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<tr>
<td>engrossed</td>
<td>aroused</td>
<td></td>
<td>satisfied</td>
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<tr>
<td>enchanted</td>
<td>astonished</td>
<td></td>
<td>serene</td>
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<tr>
<td>entranced</td>
<td>dazzled</td>
<td></td>
<td>still</td>
</tr>
<tr>
<td>fascinated</td>
<td>eager</td>
<td></td>
<td>tranquil</td>
</tr>
<tr>
<td>interested</td>
<td>energetic</td>
<td></td>
<td>trusting</td>
</tr>
<tr>
<td>intrigued</td>
<td>enthusiastic</td>
<td></td>
<td></td>
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<tr>
<td>involved</td>
<td>giddy</td>
<td></td>
<td></td>
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<tr>
<td>spellbound</td>
<td>invigorated</td>
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<tr>
<td>stimulated</td>
<td>lively</td>
<td></td>
<td></td>
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<tr>
<td>HOPEFUL</td>
<td>passionate</td>
<td></td>
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<tr>
<td>expectant</td>
<td>surprised</td>
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<tr>
<td>encouraged</td>
<td>vibrant</td>
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<td>optimistic</td>
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<tr>
<td></td>
<td>EXHILARATED</td>
<td>JOYFUL</td>
<td>REFRESHED</td>
</tr>
<tr>
<td></td>
<td>blissful</td>
<td>amused</td>
<td>enlivened</td>
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<tr>
<td></td>
<td>ecstatic</td>
<td>delighted</td>
<td>rejuvenated</td>
</tr>
<tr>
<td></td>
<td>elated</td>
<td>glad</td>
<td>renewed</td>
</tr>
<tr>
<td></td>
<td>entralled</td>
<td>happy</td>
<td>rested</td>
</tr>
<tr>
<td></td>
<td>exuberant</td>
<td>jubilant</td>
<td>restored</td>
</tr>
<tr>
<td></td>
<td>radiant</td>
<td>pleased</td>
<td></td>
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<tr>
<td></td>
<td>rapturous</td>
<td>tickled</td>
<td></td>
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<tr>
<td></td>
<td>thrilled</td>
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</tr>
</tbody>
</table>
Feelings when your needs are not satisfied

AFRAID
apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled

DISCONNECTED
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE
beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN
agon
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD
depressed
depressed
despair
despondent
disappointed
discouraged
disheartened
dismayed
disappointed
forlorn
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE
anxious
cranky
distressed
distraught
edgy
fidgety
frizzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING
envious
jealous
longing
nostalgic
pining
wistful