Feeling Words

WHEN NEEDS ARE NOT BEING MET	WHEN NEEDS ARE BEING MET
Hostile	Exhilarated
Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Distain, Hate, Horrified, Repulsed, Scorn,	Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy
Surly, Vengeful, Vindictive	Silly, Slap-Happy
Angry	Excited
Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad,	Alive, Amazed, Animated, Eager, Energetic,
Outraged, Resentful, Ticked off	Enthusiastic, Invigorated, Lively, Passionate
Annoyed Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled,	Inspired Amazed, Astonished, Awed, Dazzled, Radiant,
Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked,	Rapturous, Surprised, Thrilled, Uplifted,
Irritated, Miffed, Peeved, Resentful, Sullen, Uptight	Wonder
Upset	Joyful
Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent,	Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful,
Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled	Overjoyed, Pleased, Radiant, Tickled
Tense	Relaxed
Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety,	At ease, Carefree, Comfortable, Open
Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy	
Afraid	Curious
Apprehensive, Concerned, Dread, Fearful, Foreboding,	Adventurous, Alert, Interested, Intrigued,
Frightened, Hesitant, Mistrustful, Panicked, Petrified, Scared,	Inquisitive, Fascinated, Spellbound, Stimulated
Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Reserved, Sensitive, Shaky, Unsteady	
Vulnerable	Confident
Cautious, Fragile, Guarded , Helpless, Insecure, Helpless, Leery,	Empowered, Proud, Safe, Secure, Self-
Reluctant Confused	assured
Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant,	Engaged Absorbed, Alert, Ardent, Curious, Engrossed,
Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn	Enchanted, Entranced, Involved
Embarrassed	Hopeful
Ashamed, Chagrined, Contrite, Guilty, Disgraced, Humiliated, Mortified, Remorse, Regretful, Self-conscious	Expectant, Encouraged, Optimistic
Longing	Grateful
Envious, Jealous, Nostalgic, Pining, Wistful, Yearning	Appreciative, Moved, Thankful, Touched
Tired	Refreshed
Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out	Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived, Energetic
Disconnected	Affectionate
Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged,	Closeness, Compassionate, Friendly, Loving,
Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless,	Openhearted, Sympathetic, Tender, Trusting,
Lonely, Numb, Removed, Uninterested, Withdrawn Sad	Warm Peaceful
Blue, Depressed, Dejected, Despair, Despondent, Disappointed,	Blissful, Calm, Centered, Clear headed,
Discouraged, Disheartened, Downcast, Downhearted, Forlorn,	Mellow, Quiet, Serene, Tranquil
Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow,	
Unhappy Shocked	Relieved
Appalled, Disbelief, Dismay, Horrified, Mystified, Startled,	Complacent, Composed, Cool, Trusting
Surprised	
Pain	Content
Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt,	Glad, Cheerful, Fulfilled, Satisfied
Miserable, Wretched	