

Feelings Inventory

How We Are Likely to Feel When Our Needs ARE Being Met

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.

Absorbed	Engrossed	Pleased
Affectionate	Enlivened	Proud
Alert	Enthralled	Quiet
Alive	Enthusiastic	Radiant
Amazed	Entranced	Rapturous
Amused	Excited	Refreshed
Animated	Exhilarated	Rejuvenated
Appreciative	Expectant	Relaxed
Ardent	Exuberant	Relieved
Aroused	Fascinated	Renewed
Astonished	Friendly	Rested
Awed	Fulfilled	Restored
Blissful	Giddy	Revived
Breathless	Glad	Safe
Buoyant	Grateful	Satisfied
Calm	Gratified	Secure
Carefree	Happy	Serene
Centered	Hopeful	Spellbound
Cheerful	Inspired	Still
Clear Headed	Interested	Stimulated
Comfortable	Intrigued	Surprised
Compassionate	Invigorated	Sympathetic
Confident	Involved	Tender
Content	Joyful	Thankful
Curious	Jubilant	Thrilled
Dazzled	Lively	Tickled
Delighted	Loving	Touched
Eager	Mellow	Tranquil
Ecstatic	Moved	Trusting
Elated	Open	Upbeat
Empowered	Open Hearted	Vibrant
Enchanted	Optimistic	Warm
Encouraged	Passionate	Wonderful
Energetic	Peaceful	Zestful
Engaged		

Feelings Inventory

How We Are Likely to Feel When Our Needs Are NOT Being Met

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.

Afraid	Disconcerted	Hostile	Removed
Aggravated	Disconnected	Hurt	Repulsed
Agitated	Discouraged	Impatient	Resentful
Agony	Disgruntled	Incensed	Reserved
Alarmed	Disgusted	Indifferent	Restless
Alienated	Disheartened	Indignant	Sad
Aloof	Dislike	Insecure	Scared
Ambivalent	Dismayed	Irate	Self-Conscious
Angry	Displeased	Irked	Sensitive
Anguished	Disquiet	Irritable	Shaky
Animosity	Distant	Irritated	Shocked
Annoyed	Distracted	Jealous	Skeptical
Anxious	Distraught	Jittery	Sleepy
Apathetic	Distressed	Leery	Startled
Appalled	Disturbed	Lethargic	Stressed Out
Apprehensive	Dread	Listless	Surprised
Ashamed	Edgy	Livid	Suspicious
Aversion	Embarrassed	Lonely	Tense
Baffled	Enraged	Longing	Terrified
Beat	Envious	Lost	Tired
Bereaved	Exasperated	Mad	Torn
Bewildered	Exhausted	Mean	Troubled
Bitter	Fatigued	Melancholy	Turbulent
Blah	Fidgety	Miserable	Uncomfortable
Blue	Flustered	Mistrustful	Unconcerned
Bored	Foreboding	Mortified	Uneasy
Burnt Out	Forlorn	Mystified	Unhappy
Chagrined	Fragile	Nervous	Uninterested
Cold	Frazzled	Nostalgic	Unnerved
Confused	Frightened	Numb	Unsettled
Contempt	Frustrated	Outraged	Upset
Cranky	Furious	Overwhelmed	Uptight
Cross	Gloomy	Panicked	Vulnerable
Dazed	Grief	Passive	Weary
Dejected	Guarded	Perplexed	Wistful
Depleted	Guilty	Perturbed	Withdrawn
Depressed	Hateful	Pessimistic	Worn Out
Despairing	Heartbroken	Petrified	Worried
Despondent	Heavy Hearted	Pining	Wretched
Detached	Helpless	Puzzled	Yearning
Devastated	Hesitant	Rattled	
Disaffected	Hopeless	Regretful	
Disappointed	Horrified	Remorseful	