AFFECTIONATE

compassionate friendly loving open hearted sympathetic tender warm CONFIDENT empowered open proud safe secure **ENGAGED** absorbed alert curious engrossed

AFRAID

enchanted

apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked ANGRY enraged furious incensed indignant irate livid outraged

resentful

Feelings when your needs are satisfied

entranced enthusiastic fascinated giddy interested intrigued lively involved spellbound surprised stimulated vibrant **INSPIRED** blissful amazed ecstatic elated **EXCITED** animated radiant rapturous aroused thrilled astonished moved energetic thankful

Feelings when your needs are not satisfied

numb

removed

uninterested

withdrawn

DISQUIET

disconcerted

agitated

alarmed

disturbed

perturbed

rattled

restless

shocked

startled

surprised

troubled

turbulent

uncomfortable

EMBARRASSED

turmoil

uneasy

unnerved

unsettled

ashamed

chagrined

flustered

mortified

self-conscious

FATIGUE

guilty

beat

upset

awed

wonder

amazed

ardent

dazzled

AVERSION

animosity

appalled

contempt

disgusted

horrified

repulsed

baffled

dazed

hesitant

mystified

perplexed

DISCONNECTED

puzzled

alienated

apathetic

detached

distracted

indifferent

distant

aloof

bored

cold

lost

torn

CONFUSED

ambivalent

bewildered

flummoxed

hostile

dislike

hate

eager

invigorated passionate **EXHILARATED** enthralled exuberant GRATEFUL appreciative

HOPEFUL expectant encouraged optimistic JOYFUL amused delighted glad happy jubilant pleased tickled PEACEFUL calm clear headed comfortable centered content equanimity

touched

burnt out depleted exhausted lethargic listless sleepy tired weary worn out PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful SAD depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted

fulfilled mellow peace quiet relaxed relieved satisfied serene still tranquil trusting REFRESHED enlivened reinvigorated rejuvenated renewed rested restored revived hopeless melancholy mournful unhappy wretched TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out **VULNERABLE** fragile guarded helpless insecure leery reserved sensitive shaky YEARNING

envious

jealous

longing