Feelings when your needs are satisfied

AFFECTIONATE
compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT
empowered
open
proud
safe
secure

INSPIRED
amazed
awed
wonder

REFRESHED
enlivened
rejuvenated
renewed
rested
restored
revived

ENGAGED
absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

GRATEFUL
appreciative
moved
thankful
touched

HOPEFUL
expectant
encouraged
optimistic

EXCITED
amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED
blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

JOYFUL
amused
delighted
glad
happy
jubilant
pleased
tickled

PEACEFUL
calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting
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
impatient
irritated
irked

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

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withdrawn

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

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

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

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

YEARNING
envious
jealous
longing
nostalgic
pining
wistful