Feelings Inventory List

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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:

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| --- | --- | --- | --- |
| **AFFECTIONATE** compassionate friendly loving open hearted sympathetic tender warm  **ENGAGED** absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated  **HOPEFUL** expectant encouraged optimistic | **CONFIDENT** empowered open proud safe secure  **EXCITED** amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant | **GRATEFUL** appreciative moved thankful touched  **INSPIRED** amazed awed wonder  **JOYFUL** amused delighted glad happy jubilant pleased tickled  **EXHILARATED** blissful ecstatic elated enthralled exuberant radiant rapturous thrilled | **PEACEFUL** calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting  **REFRESHED** enlivened rejuvenated renewed rested restored revived |

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  **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 torn  **DISCONNECTED** alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn  **DISQUIET** agitated alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil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** agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful  **SAD** depressed dejected despair despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched |