



## FEELINGS

WHEN NEEDS AND DESIRES ARE FULFILLED, ONE TENDS TO FEEL:

<b>Calm</b>	<b>Excited</b>	<b>Friendly</b>	<b>Glad</b>
Absorbed	Adventurous	Appreciative	Delighted
Awed	Amazed	Cordial	Eager
Blissful	Creative	Fondly	Encouraged
Comfortable	Curious	Grateful	Excited
Confident	Energetic	Open	Happy
Content	Engaged	Receptive	Hopeful
Fulfilled	Exhilarated	Sensitive	Inspired
Loving	Fascinated	Social	Optimistic
Peaceful	Free	Tender	Proud
Relaxed	Inspired	Trusting	Relieved
Secure	Interested	Warm	Satisfied
Serene	Intrigued	Welcoming	Thrilled
	Invigorated		
	Passionate		

WHEN NEEDS AND DESIRES ARE NOT FULFILLED, ONE TENDS TO FEEL:

<b>Confused</b>	<b>Mad</b>	<b>Sad</b>	<b>Tired</b>	<b>Worried</b>
Cautious	Agitated	Ashamed	Burned out	Alarmed
Conflicted	Angry	Blue	Distracted	Anxious
Doubtful	Annoyed	Brokenhearted	Exhausted	Concerned
Hesitant	Bitter	Depressed	Fatigued	Disturbed
Puzzled	Disgusted	Disappointment	Flat	Guarded
Reluctant	Enraged	Discouraged	Frazzled	Nervous
Skeptical	Frustrated	Disheartened	Hopeless	Overwhelmed
Torn	Furious	Fragile	Indifferent	Panicky
Troubled	Impatient	Helpless	Lethargic	Scared
Uncomfortable	Irate	Hurt	Off-center	Shocked
Uneasy	Jealous	Lonely	Restless	Wary
Unsettled	Pessimistic	Miserable	Weariness	Suspicious
Unsure	Resentful	Numb		Tense
		Vulnerable		Terrified