

I. Feelings when our needs ARE met:

AFFECTION

ATE

compassion
ate fond
loving
openh
earte
d
tende
r
warm

**SELF--CON
NECTED**

cente
red
open
relax
ed

INSPIRED

amaz
ed
awed
enthu
sed
move
d
stirre
d
wond
er

ENGAGED

absorbed
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

REFRESHE

D

enlivened
recharged
rejuvenate
d renewed
rested
restored
revived

GRATEFUL

appreciative
moved
thankful
touched

EXCITED

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

JOYFUL

amuse
d
delight
ed
glad
happy
jubilan
t
merry
please
d
tickled
overjo
yed

EXHILARAT

ED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled
electrified
euphoric
overjoyed

PEACE

FUL

calm
comfor
table
center
ed
conten
t
equani
mity
fulfille
d
mellow
quiet
relaxed
relieve
d
satisfie
d
serene
still
tranqui
l

HOPEF

UL

expecta
nt
excited
jazzed
optimis
tic up

Watch out for "non--feeling" words...

It is important to choose words that really are feelings. That's the reason for the list. If you use words like "abandoned" or "mised" or "unheard" we can prevent ourselves from getting to the "REAL" feelings. These words are more like accusations or judgments than feelings.

When we slow down and think about it, often there is something like "sad" or "scared" or "frustrated." NYCNVC.ORG

II. Feelings when our [needs](#) ARE NOT met: (see below)

II. Feelings when our needs ARE NOT met:

AFRAID

apprehensive
dread
fearful
foreboding
frightened
mistrustful
panicked
petrified
scared
terrified
wary
worried

ANNOYED

aggravated
bothered
disgruntled
displeased
exasperated
frustrated
irritated
irked
miffed
nettled
peevied

ANGER

angry
enraged
furious
incensed
irate
livid
outraged
resentful

CONFUSED

ambivalent
baffled
bewildered
dazed
lost
mixed
mystified
perplexed
puzzled
torn

DISQUIET

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

EMBARRASSED

ashamed
chagrined
flustered
mortified
self--conscious

FATIGUE

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

AVERSION

animosity
appalled
contempt
disgust
dislike
hate
horrified
hostile
repulsion

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
shaky

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurting
lonely
miserable
regretful
remorseful

Still uneasy about your feelings and unable to get in touch with what's at the heart of the issue? The Counselors and Therapists at Eddins Counseling Group in Houston can help. [Learn more](#)

[here.](#)