

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 "misled" 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](http://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.](#)