**Feelings Inventory**

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**

**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uninterested withdrawn

**DISQUIETED**

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 hear