

# FEELING WORDS

*What's Alive in You?*

## ▶ Feelings When Needs Are **NOT** Being Met

### HOSTILE

Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Disdain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive

### ANGRY

Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off

### ANNOYED

Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight

### UPSET

Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled

### TENSE

Antsy, Anxious, Bitter, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy

### AFRAID

Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Reserved, Scared, Sensitive, Shaky, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Unsteady

### VULNERABLE

Cautious, Fragile, Guarded, Helpless, Insecure, Leery, Reluctant

### CONFUSED

Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn

### EMBARRASSED

Ashamed, Chagrined, Contrite, Disgraced, Guilty, Humiliated, Mortified, Remorse, Regretful, Self-conscious

### LONGING

Envious, Jealous, Nostalgic, Pining, Wistful, Yearning

### TIRED

Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out

### DISCONNECTED

Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn

### SAD

Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy

### SHOCKED

Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised

### PAIN

Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched

## ▶ Feelings When Needs **ARE** Being Met

### EXHILARATED

Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy

### EXCITED

Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate

### INSPIRED

Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder

### JOYFUL

Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Tickled

### RELAXED

At ease, Carefree, Comfortable, Open

### CURIOUS

Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated

### CONFIDENT

Empowered, Proud, Safe, Secure, Self-assured

### ENGAGED

Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved

### HOPEFUL

Expectant, Encouraged, Optimistic

### GRATEFUL

Appreciative, Moved, Thankful, Touched

### REFRESHED

Energetic, Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived

### AFFECTIONATE

Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm

### PEACEFUL

Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil

### RELIEVED

Complacent, Composed, Cool, Trusting

### CONTENT

Glad, Cheerful, Fulfilled, Satisfied