***Feelings when needs are NOT met Feelings when needs ARE met***

**Feelings**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| AfraidapprehensivedreadforebodingfrightenedmistrustfulpanickypetrifiedscaredsuspiciousterrifiedwaryworriedAngrycrankyenragedfuriousincensedindignantiratelividmadoutragedresentfulAnnoyedaggravateddismayeddisgruntleddispleasedexasperatedfrustratedimpatientirritatedirkedmiffedAversionanimosityappalledcontemptdisgusteddislikehatehostilereluctantrepulsed | Embarrassedashamedchagrinedflusteredguiltymortifiedself-consciousPainagonyanguishedbereaveddevastatedgriefheartbrokenhurtlonelymiserableregretfulremorsefulSadbluedejecteddespairdespondentdisappointeddiscourageddishearteneddownforlorngloomyheavy heartedhopelessmelancholyunhappywretchedTenseanxiouscrankydesperatedistresseddistraughtedgyfidgetyfrazzledgrouchyimpatientirritablenervousoverwhelmeds stressed out | Confusedambivalentbaffledbewilderedconflicteddazeddoubtfulhesitantlostmystifiedperplexedpuzzledtornunsure**Detached**aloofapatheticboredcolddistantdistractedindifferentnumbremoveduninterestedwithdrawnDisquietagitatedalarmedconcerneddiscombobulateddisconcerteddisturbedhorrifiedperturbedrattledrestlessshockedstartledsurprisedtroubledturbulentturmoiluncomfortableuneasyunnervedunsettledupset | j0078723Tiredburnt outdepletedexhaustedfatiguelethargiclistlesssleepytiredwearyworn out**Vulnerable**fragileguardedinsecurereservedsensitiveshakyYearningenviousjealouslongingnostalgicpiningwistfulj0078748 | Affectionatecompassionatefriendlylovingopen heartedsympathetictenderwarmConfidentempoweredopenproudsafesecureEngagedabsorbedalertcuriousengrossedenchantedentrancedfascinatedinterestedintriguedinvolvedspellboundstimulatedExcitedamazedanimatedarouseddazzledeagerenergeticenthusiasticinvigoratedlivelypassionatesurprisedvibrantExhilaratedblissfulecstaticElatedEnthralledExuberantRadiantRapturousthrilled | GratefulappreciativemovedthankfultouchedHopefulexpectantencouragedoptimisticInspiredamazedawewonderJoyfulamuseddelightedgladhappyjubilantpleased tickledPeacefulcalmclear headedcomfortablecentredcontentfulfilledmellowquietrelaxedsatisfiedserenestilltranquilRefreshedenlivenedrejuvenatedrenewedrelievedrestedrestoredreviveddd00689_ |

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