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

**Feelings**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Afraid apprehensive  dread  foreboding  frightened  mistrustful  panicky  petrified  scared  suspicious  terrified  wary  worried Angry cranky  enraged  furious  incensed  indignant  irate  livid  mad  outraged  resentful Annoyed aggravated  dismayed  disgruntled  displeased  exasperated  frustrated  impatient  irritated  irked  miffed Aversion animosity  appalled  contempt  disgusted  dislike  hate  hostile  reluctant  repulsed | Embarrassed ashamed  chagrined  flustered  guilty  mortified  self-conscious Pain agony  anguished  bereaved  devastated  grief  heartbroken  hurt  lonely  miserable  regretful  remorseful Sad blue  dejected  despair  despondent  disappointed  discouraged  disheartened  down  forlorn  gloomy  heavy hearted  hopeless  melancholy  unhappy  wretched Tense anxious  cranky  desperate  distressed  distraught  edgy  fidgety  frazzled  grouchy  impatient  irritable  nervous  overwhelmed  s stressed out | Confused ambivalent  baffled  bewildered  conflicted  dazed  doubtful  hesitant  lost  mystified  perplexed  puzzled  torn  unsure  **Detached**  aloof  apathetic  bored  cold  distant  distracted  indifferent  numb  removed  uninterested  withdrawn Disquiet agitated  alarmed  concerned  discombobulated  disconcerted  disturbed  horrified  perturbed  rattled  restless  shocked  startled  surprised  troubled  turbulent  turmoil  uncomfortable  uneasy  unnerved  unsettled  upset | j0078723Tired burnt out  depleted  exhausted  fatigue  lethargic  listless  sleepy  tired  weary  worn out  **Vulnerable**  fragile  guarded  insecure  reserved  sensitive  shaky Yearning envious  jealous  longing  nostalgic  pining  wistful  j0078748 | Affectionate compassionate  friendly  loving  open hearted  sympathetic  tender  warm Confident empowered  open  proud  safe  secure Engaged absorbed  alert  curious  engrossed  enchanted  entranced  fascinated  interested  intrigued  involved  spellbound  stimulated Excited amazed  animated  aroused  dazzled  eager  energetic  enthusiastic  invigorated  lively  passionate  surprised  vibrant Exhilarated blissful  ecstatic  Elated  Enthralled  Exuberant  Radiant  Rapturous  thrilled | Grateful appreciative  moved thankful  touched Hopeful expectant  encouraged  optimistic Inspired amazed  awe  wonder Joyful amused  delighted  glad  happy  jubilant  pleased  tickled Peaceful calm  clear headed  comfortable  centred  content  fulfilled  mellow  quiet  relaxed  satisfied  serene  still  tranquil Refreshed enlivened  rejuvenated  renewed  relieved  rested  restored  revived  dd00689_ |

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