



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	CONFUSED	EMBARRASSED	TENSE
apprehensive	ambivalent	ashamed	anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	guilty	distraught
mistrustful	hesitant	mortified	edgy
panicked	lost	self-conscious	fidgety
petrified	mystified		frazzled
scared	perplexed		irritable
suspicious	puzzled		jittery
terrified	torn		nervous
wary			overwhelmed
worried			restless
			stressed out
ANNOYED	DISCONNECTED	FATIGUE	VULNERABLE
aggravated	alienated	burnt out	fragile
dismayed	aloof	depleted	guarded
disgruntled	apathetic	exhausted	helpless
displeased	bored	lethargic	insecure
exasperated	cold	listless	leery
frustrated	detached	sleepy	reserved
impatient	distant	tired	sensitive
irritated	distracted	weary	shaky
irked	indifferent	worn out	
ANGRY	DISQUIET	PAIN	YEARNING
enraged	numb	agony	envious
furious	removed	anguished	jealous
incensed	uninterested	bereaved	longing
indignant	withdrawn	devastated	nostalgic
irate		grief	pining
livid		heartbroken	wistful
outraged		hurt	
resentful		lonely	
AVERSION	DISQUIET	SAD	
animosity	agitated	miserable	
appalled	alarmed	regretful	
contempt	discombobulated	remorseful	
disgusted	disconcerted		
dislike	disturbed		
hate	perturbed		
horrorified	rattled		
hostile	restless		
repulsed	shocked		
	startled		
	surprised		
	troubled		
	turbulent		
	turmoil		
	uncomfortable		
	uneasy		
	unnerved		
	unsettled		
	upset		