

FEELINGS ASSOCIATED WITH MET NEEDS

AFFECTION(ATE)
openhearted
tender
warm
ENGAGED
curious
open
EXCITED
amazed
enthusiastic
lively
passionate
surprised
overjoyed
GRATEFUL
appreciative
moved
thankful
HAPPY
cheerful
delighted
giddy
glad
joyful
pleased
HOPEFUL
confident
up
INSPIRED
amazed

motivated
PEACEFUL
calm
comfortable
content
quiet
relaxed
relieved
satisfied
REFRESHED

FEELINGS ASSOCIATED WITH UNMET NEEDS

ANGER
angry
animosity
annoyed
furious
irritated
irked
resentful
appalled
disgust
horrified
loathing
repulsion
CONFUSION
conflicted
dazed
disoriented
mixed
puzzled
torn
DISCONNECTION
apathetic
bored
closed
detached
distant
indifferent
numb
withdrawn
alarmed

concerned
disturbed
frustrated
restless
shocked
startled
surprised
turbulent
uncomfortable
uneasy
unnerved
unsettled
upset
EMBARRASSMENT
ashamed
self-conscious
FATIGUE
beat
exhausted
tired
FEAR
afraid
anxious
apprehensive
dread
fearful
guarded
insecure
panicked
scared

worried
PAIN
aching
devastated
grief
heartbroken
hungry
hurting
lonely
SADNESS
depressed
disappointed
discouraged
disheartened
heavy hearted
hopeless
melancholy
unhappy
TENSION
anxious
closed
distressed
fidgety
frazzled
frustrated
nervous
overwhelmed
restless
stressed out
YEARNING
longing
nostalgic

Watch out for 'non-feeling' / 'thought' words...

It is important to choose words that really are feelings. If you use words like "abandoned" or "misled" or "shunned" we can prevent ourselves from getting to the "REAL" feelings. These "non-feeling" words are more like accusations or judgments than feelings. When we slow down and think about it, often there is something like "sad" or "scared" or "frustrated." Other 'thought' words that sound like feelings are "neglected", "manipulated", "abused", "misunderstood", "mistreated", "unappreciated", "betrayed", "taken for granted", "disrespected" and "bullied", among others.