

What are you feeling?

When you're feeling a certain way, it can be helpful to get clear and specific about how exactly you're feeling. When you're feeling "good," knowing more precisely how you're feeling can help you figure out what led to those feelings — so that you can do more of that! And when you're feeling "bad," it's helpful to know exactly what type of "bad" you're feeling so that you can take action to get the underlying unmet needs met. And hopefully feel a different sort of way.

Feelings when your needs are met

absorbed	clear-headed	excited	helpful	overjoyed	sensitive
affectionate	comfortable	exhilarated	hopeful	overwhelmed	spellbound
alert	composed	expansive	horny	passionate	splendid
alive	compassionated	expectant	inquisitive	peaceful	stimulated
amazed	confident	fascinated	inspired	pleasant	surprised
amused	content	free	interested	pleased	tender
animated	curious	friendly	intrigued	proud	thankful
appreciative	dazzled	fulfilled	invigorated	quiet	thrilled
aroused	delighted	glad	involved	radiant	touched
astonished	ecstatic	gleeful	joyous, joyful	refreshed	tranquil
blissful	elated	glowing	loving	relaxed	trusting
breathless	enchanted	glorious	mellow	revived	upbeat
calm	encouraged	grateful	merry	restored	warm
carefree	energetic	gratified	moved	satisfied	wide-awake
cheerful	engrossed	happy	optimistic	secure	wonderful

Feelings when you have unmet needs

afraid	concerned	edgy	hurt	numb	suspicious
aggravated	confused	embarrassed	impatient	overwhelmed	tepid
agitated	cool	embittered	indifferent	panicky	terrified
alarmed	cross	enraged	intense	passive	tired
aloof	dejected	exasperated	irate	pessimistic	troubled
angry	depressed	exhausted	irked	puzzled	uncomfortable
anguished	despairing	fatigued	irritated	reluctant	uneasy
annoyed	despondent	fearful	isolated	repelled	unhappy
anxious	detached	forlorn	jealous	resentful	unnerved
apathetic	disaffected	frightened	jittery	restless	unstead
apprehensive	disappointed	frustrated	lazy	sad	upset
aroused	discouraged	furious	leery	scared	uptight
ashamed	disgruntled	gloomy	latheragic	sensitive	vxed
beat	disgusted	guilty	listless	shaky	weary
bewildered	disheartened	heavy	lonely	shocked	wistful
bitter	dismayed	helpless	lost	skeptical	withdrawn
blah	displeased	hesitant	mad	sleepy	worried
blue	distressed	hopeless	miserable	sorrowful	
bored	disturbed	horny	mopey	sorry	
brokenhearted	downcasted	horrible	morose	spiritless	
chagrined	dread	hostile	mournful	startled	
cold	dull	hot	nervous	surprised	

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