

When our needs are satisfied, we might be feeling:

Admired	Exhilarated	Free
Alert	Effervescent	Ready to...
Loving	Ecstatic	Optimistic
Amused	Harmonious	Peaceful
Calm	Secure	Passionate
Moved	Enchanted	Refreshed
Attentive	Encouraged	Satisfied
Heavenly	Playful	Reassured
Blissful	Enthusiastic	Delighted
Well-disposed	Astonished	Recognized
Captivated	Wide-awake	Regenerated
Charmed	Exalted	Reenergized
Fulfilled	Excited	Jovial
Confident	Fascinated	Uplifted
Content	Proud	Reinvigorated
Curious	Quivering	Serene
Good-humoured	Gay	Relieved
Relaxed	Happy	Stimulated
Free	Hilarious	Stupefied
Astounded	Inspired	Overcome with joy
Bedazzled	Interested	Self-confident
Cheerful	Intrigued	Over-excited
Electrified	Joyous	Surprised
Amazed	Light	Touched



Tranquil Exuberant

Transported with joy Careless

Vibrant Bubbly

Vivacious

Invigorated

Filled with:

Affection

Love

Appreciation

Enthusiasm

Warmth

Understanding

Kindness

Determination

Gratitude

Energy

Tenderness

Zeal

Inspiration

Hope

Or a desire to be:

Adventurous

Cuddly

Playful

Impish



When our needs are not satisfied, we might be feeling:

Down	Timid	Nauseated
Dumbfounded	On edge	Bewildered
Dejected	In a bad mood	Frightened
Worn out	Snowed under	Embarrassed
Burdened	Disconcerted	Emotional
Annoyed	Unmotivated	Angry
Agitated	Disappointed	Irritated
Alarmed	Defeated	Bored
Bitter	Disgusted	Exhausted
Anguished	Demoralized	Exasperated
Anxious	Helpless	Worn out
Scared	Overrun	Excited
Stupefied	Offended	Annoyed
Sad	Depressed	Tired
Hurt	Baffled	Vulnerable
Upset	Disillusioned	Frustrated
Fed up	Out to sea	Furious
Distressed	Disenchanted	Uneasy
Choked	Desperate	Frozen in fear
Confused	Disheartened	Hateful
Dismayed	Disoriented	Wavering
Vexed	Off balance	Shameful
Guilty	Detached	Horried



Stunned	Perturbed	Vexed
Impatient	Pessimistic	Out of energy
Powerless	Burned out	Or we can experience:
Inconvenienced	Woeful	Sorrow
Worried	Preoccupied	Bad temper
Dissatisfied	Stimulated	Sombre
Unstable	Resigned	Sullen
Intrigued	Sceptical	Gloomy
Irritated	Rattled	Or we test our feelings:
Jealous	Sensitive	Apprehensive
Weary	Lonely	Intense dislike
Exhausted	Dazed	Fear
Heavy	Concerned	Pity
Ill at ease	Suspicious	Bitterness
Unnerved	Aghast	Resentment
Unhappy	On alert	Tediousness
Discontent	Overexcited	
Distrustful	Surprised	
Melancholy	Terrified	
Upset	Tormented	
Nervous	Numbed	
Panicky	Shaky	
Uninterested	Sad	
Sorrowful	Troubled	
Perplexed	Embittered	



Certain adjectives clearly express how we interpret our actions and how others sometimes make us feel.

Here are some examples of such adjectives:

Forsaken	Unappreciated	Unsupported
Under attack	Undesirable	Persecuted
Constrained	Manipulated	Ambushed
Cornered	Patronized	Provoked
Restrained	Threatened	Humbled
Discredited	Scorned	Rejected
Deserted	Under estimated	Overwhelmed
Unvalued	Neglected	Betrayed
Led astray	Obligated	Tricked
Exploited	Unappreciated	Used
Ignored	Unheard	

