

# 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 not satisfied

### **AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### **ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

### **ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

### **AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

### **CONFUSED**

ambivalent  
baffled  
bewildered  
dazed, puzzled  
hesitant  
lost, torn  
mystified  
perplexed

### **DISCONNECTED**

alienated  
aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

### **DISQUIET**

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### **EMBARRASSED**

ashamed  
chagrined  
flustered  
guilty  
mortified  
self-conscious

### **FATIGUE**

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy, worn out  
tired  
weary

### **PAIN**

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

### **SAD**

depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

### **TENSE**

anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### **VULNERABLE**

fragile, guarded  
helpless, insecure  
leery, reserved  
sensitive  
shaky

### **YEARNING**

envious, jealous  
longing, nostalgic

## Feelings when your needs are satisfied

### **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

### **INSPIRED**

amazed  
awed  
wonder

### **EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### **EXHILARATED**

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **HOPEFUL**

expectant  
encouraged  
optimistic

### **JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

### **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

## Needs Inventory

The following list of needs 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.

### **CONNECTION**

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect  
safety  
security  
stability  
support  
to know and be known  
to see and be seen  
to understand and be understood  
trust  
warmth

### **PHYSICAL WELL-BEING**

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

### **HONESTY**

authenticity  
integrity  
presence

### **PLAY**

joy  
humor

### **PEACE**

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

### **MEANING**

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to matter  
understanding

### **AUTONOMY**

choice  
freedom  
independence  
space  
spontaneity