

## Feelings inventory

(This inventory is neither exhaustive nor definitive. It represents only a starting point.)

### Feelings that we can experience when needs are met

#### **Affectionate**

compassionate  
friendly  
loving  
sympathetic  
tender  
understanding  
warm

#### **Committed**

encouraged  
involved

#### **Confident**

carefree  
careful  
cautious  
empowered  
open  
proud  
safe

#### **Rested**

refreshed  
renewed  
restored

#### **Excited**

animated  
eagerness  
energetic  
excited  
giddy  
invigorated  
passionate  
surprised  
vibrant

#### **Hopeful**

encouraged  
expectant  
optimistic

#### **Euphoric**

amazed  
blissful  
ecstatic  
enthralled  
excited  
excited  
exultant  
thrilled

#### **Happy**

animated  
pleased  
exuberant  
joyous  
jubilant  
radiant

#### **Gratitude**

appreciative  
moved  
thankful  
touched

#### **Inspired**

admired  
dazzled  
impressed  
marveled

#### **Interested**

absorbed  
attentive  
captivated  
concentrated  
curious  
fascinated  
interested  
intrigued  
stimulated

#### **Peaceful**

relieved  
calm  
centered  
comfortable  
confident  
happy  
unburdened  
placid  
relaxed  
satisfied  
serene  
calm  
quiet

### Feelings that we can experience when needs are NOT met

#### **Longing**

eager  
envious  
jealous  
nostalgic

#### **Aversion**

disdainful  
disgusted  
horrified  
hateful

#### **Confused**

disoriented  
divided  
indecisive  
lost  
perplexed  
hesitant

#### **Disconnected**

isolated  
apathetic  
bored  
lazy  
distant  
cold  
indifferent

#### **Pain**

downcast  
aching  
distressed  
disconsolately  
undone  
suffering  
sorry  
alone

#### **Restless**

agitated  
alarmed  
puzzled  
scandalized  
uncomfortable  
uneasy  
surprised

#### **Angry**

upset  
furious  
indignant  
resentful

#### **Irritated**

shocked  
frustrated  
impatient  
irritated  
upset

#### **Fatigued**

tired  
burned out  
worn out  
exhausted  
shattered

#### **Scared**

worried  
distrustful  
terrified  
panic

#### **Sadness**

depressed  
discouraged  
disappointed  
unhappy  
melancholic  
sad  
heartbroken

#### **Tense**

anxious  
overwhelmed  
stressed  
irritable  
nervous  
overloaded  
startled

#### **Ashamed**

insecure  
embarrassed  
guilty  
scared  
frozen

#### **Vulnerable**

fragile  
powerless  
insecure  
sensitive

\* Note the difference between the feelings above are feelings mixed with evaluations, such as: abandoned, guilty, ashamed, deceived, cheated, invisible, rejected, manipulated, unimportant, etc ...