

Feelings Reference Guide

(Please note: This is not intended to be a comprehensive list, but rather a starting point to help you gain awareness of your inner experience)

Basic Human Feelings When Our Needs are Fulfilled:

Absorbed Adventurous Affectionate Alert Alive Amorous Animated Appreciative Amazed Amused Aroused Astonished Astounded Awake Awed Blissful **Breathless** Buovant Calm Carefree Comfortable Confident Contented Cozy Curious Cushy Dazzled Delighted Eager **Ecstatic** Ebullient Effervescent Elated Electrified Enchanted

Encouraged

Energetic

Engrossed

Enlivened

Enthralled

Enthusiastic

Exalted Excited Exhilarated Expansive Expectant Exuberant Fascinated Fondness Friendly Fulfilled Gay Giddy Glad Gleeful Glorious Glowing Grateful Gratified Grief Happy Helpful Hopeful Humbled Inquisitive Inspired Interested Intrigued Invigorated Involved Joyful Joyous Jubilant Liberated Loving Mellow Merry Mirthful Moved Optimistic Overwhelmed

Perky Pleased Proud Puzzled Quiet Radiant Rapturous Refreshed Reinvigorated Rejuvenated Relaxed Relieved Renewed Rested Restored Revived Safe Satisfied Secure Serene Shocked **Spacious** Spellbound Startled Still Stimulated Stunned Surprised Tender Thankful Thrilled Tickled Tranquil Touched Upbeat Uplifted Warm Zestful

Peaceful

Passionate



Basic Human Feelings When Our Needs are Not Fulfilled:

Afraid Disenchanted Aggravated Disgruntled Agitation Disgusted Alarmed Disheartened Aloof Disinterested Angry Dislike Anguish Dismayed Animosity Displeased Annoyance Disquieted **Anxious** Distant Apathetic Distraught Appalled Distressed Apprehensive Disturbed Ashamed Doubtful Aversion Downcast Awful Downhearted Bad Dread Beat Dull Bewildered Edgy Bitter **Embarrassed** Blah **Embittered** Blue Enraged Bored **Envious** Breathless Exasperated Brokenhearted Exhausted Chagrined Exposed Cold Fatiqued Concerned Fearful Confused **Fidgety** Cool Forlorn Contrite Frightened Cross Frustrated Dejected **Furious** Depressed Gloomy Despair Grief Despondent Guilty Detached Hate Diffident Heavy Disappointed Helpless Disconnected Hesitant

Horrified

Discouraged

Horrible Hostile Hot Humdrum Hurt Impatient Incensed Indifferent Indignant Infuriated Inquisitive Insecure Intense Irate Irked Irritated Jealous **Jittery** Lazy Lethargic Listless Lonely Mad Mean Melancholv Miserable Mopey Morose Nervous Overwhelmed Pain Panicky Passive Perplexed Pessimistic Puzzled Rancorous Regretful Reluctant Remorseful Repelled

Resentful Restless Revolted Sad Scared Sensitive Shaky Shocked Skeptical Sleepy Sorrowful Sour Spent Spiritless Startled Surprised Suspicious Tense Terrified Tired Troubled Uncertain Uncomfortable Uneasy Unglued Unhappy Unnerved Unsteady Upset Uptight Vengeful Vexed Vulnerable Weary Withdrawn Woeful Worn out Worried