

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 Exalted Adventurous Excited Affectionate Exhilarated Alert Expansive Alive Expectant **Amorous** Animated Appreciative Amazed Friendly Amused **Fulfilled** Aroused Gay Giddy Astonished Astounded Glad Awake Gleeful Awed Glorious Blissful Glowing Breathless Grateful Buovant Gratified Calm Grief Carefree Happy Comfortable Helpful Confident Hopeful Contented Humbled Cozy Curious Inspired Cushy Dazzled Intrigued Delighted Involved Eager **Ecstatic** Joyful Ebullient **Joyous** Effervescent Jubilant Elated Electrified

Enchanted

Energetic Engrossed

Enlivened

Enthralled

Enthusiastic

Encouraged

Exuberant Fascinated **Fondness** Inquisitive Interested Invigorated Liberated Loving Mellow Merry Mirthful Moved Optimistic Overwhelmed **Passionate**

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



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 Eday 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

Helpless

Hesitant

Horrified

Disappointed

Disconnected

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 Melancholy 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