

## Feelings

**Delighted**  
Joyful  
Happy  
Amused  
Adventurous  
Blissful  
Elated

**Relaxed**  
Relieved  
Rested  
Mellow  
At ease  
Light

**Thankful**  
Appreciative  
Moved  
Touched  
Tender  
Expansive  
Grateful

**Content**  
Cheerful  
Glad  
Comfortable  
Pleased

**Friendly**  
Affectionate  
Loving  
Passionate

**Excited**  
Enthusiastic  
Overjoyed  
Fervent  
Giddy  
Eager  
Ecstatic  
Thrilled

**Energetic**  
Exhilarated  
Exuberant  
Vigorous

**Alert**  
Focused  
Awake  
Clearheaded

**Satisfied**  
Fulfilled  
Gratified

**Interested**  
Curious  
Absorbed

**Peaceful**  
Tranquil  
Serene  
Calm

**Healthy**  
Empowered  
Alive  
Robust

**Confident**  
Secure  
Safe  
Hopeful

## Feelings

**Scared**  
Apprehensive  
Dread  
Worried  
Panicky  
Frightened  
Vulnerable  
Defensive

**\*Angry**  
\*Furious  
\*Rage  
\*Irate  
\*Resentful  
Irritated

**Nervous**  
Anxious  
Restless  
Jittery

**Tense**  
Cranky  
Stiff  
Stressed  
Overwhelmed  
Agitated  
Aggravated

**Hurt**  
Pain  
Agony  
Anguish  
Heartbroken  
Lonely

**\*Depressed**  
Disconnected  
Detached  
Despondent  
Dejected  
Bored

**Frustrated**  
Disappointed  
Discouraged  
Disheartened  
Impatient

**Shocked**  
Disturbed  
Stunned  
Alarmed  
Appalled  
Concerned  
Horrified

**Sad**  
Grief  
Despair  
Regretful  
Sullen  
Downhearted  
Hopeless

**Torn**  
Ambivalent  
Confused  
Puzzled

**Jealous**  
Envious  
\*Bitter

**Tired**  
Burnt Out  
Exhausted  
Lethargic

**Embarrassed**  
\*Ashamed  
Contrite  
\*Guilty

## Needs

**Intimacy**  
Empathy  
Connection  
Affection  
Warmth  
Love  
Understanding  
Acceptance  
Caring  
Bonding  
Compassion  
Communion  
Spirituality  
Sexuality

**Purpose**  
Competence  
Contribution  
Efficiency  
Growth  
Learning  
Challenge  
Discovery

**Order**  
Structure  
Clarity  
Focus  
Information

**Celebration**  
Mourning  
Aliveness  
Humor  
Beauty  
Play  
Joy

**Autonomy**  
Choice  
Freedom  
Spontaneity  
Independence  
Respect  
Honor

**Security**  
Predictability  
Consistency  
Stability  
Trust  
Reassurance

**Partnership**  
Family  
Mutuality  
Friendship  
Companionship  
Support  
Collaboration  
Consideration  
Seen/heard  
Acknowldgmt  
Belonging  
Community  
Appreciation

**Honesty**  
Integrity  
Authenticity  
Wholeness  
Fairness  
Expression  
Creativity

**Peace**  
Groundedness  
Hope  
Healing  
Harmony  
Ease /Comfort

**Nurturing**  
Food/Water  
Rest/Sleep  
Safety / Health  
Shelter

\*These are alarm feelings letting you know that your thoughts contain judgments and "shoulds" and you are disconnected from needs.

\*\*Bolded words are a part of the list and not just headings.