

Feelings when your needs ARE satisfied

JOY
delight
glad
happy

EXHILARATION
ecstatic
elated
thrilled

REFRESHED
enlivened
rejuvenated
renewal
rested
restored
revived

HOPEFUL
expectant
encouragement
optimistic

INSPIRATION
amazement
wonder

AFFECTIONATE
compassion
friendly
sympathetic
tender
warm

EXCITEMENT
amazement
astonishment
energetic
enthusiastic
giddy
invigoration
lively

ENGAGEMENT
absorbed
curious
enchantment
fascination
interest
stimulation

CONFIDENT
empowerment
open
proud
safe
secure

PEACEFUL
calm
clear-headed
comfortable
centered
content
quiet
relaxed
satisfied

GRATEFUL
appreciative
moved
thankful
touched

...when needs ARE NOT satisfied

ANGER
fury
irate

CONFUSED
baffled
lost
puzzled
torn

DISQUIET
agitated
alarm
disturbed
rattled
shock
surprise
troubled
uneasy
unsettled
upset

DISCONNECTED
boredom
distant
distraction
removed
uninterested
withdrawn

PAIN
devastated
heartbroken
lonely
miserable
regret

VULNERABLE
alone
fragile
guarded
helpless
insecure
reserved

ANNOYED
dismay
exasperation
frustration
impatience
irritation

TENSE
anxious
distress
nervous
overwhelm
stressed out

EMBARRASSED
flustered
self-conscious

FATIGUE
beat
burnt out
exhaustion
tired
worn out

SAD
dejected
discouragement
disheartened
gloomy
heavy-hearted
hopeless
unhappy

YEARNING
longing
wistful

*Compassion 'n Action
www.Compassion.org.uk
This list is adapted from
the list on www.cnvc.org*