

## **FEELINGS WHICH MAY OCCUR WHEN OUR NEEDS ARE NOT MET**

ANGER	livid rage fury enraged infuriated furious irate exasperated antagonistic mad
ANNOYANCE	aggravated irritated annoyed disgruntled frustrated cranky cross irritable vexed peevish irked ticked-off bummed-out
AVERSION	hate disgust horror loathing horrified repulsion appalled disgusted bitter(ness)
CONFUSION	mystified lost bewildered befuddled perturbed perplexed puzzled uncertain surprised
DISAPPOINTMENT	disheartened hurt discouraged frustrated dismayed dissatisfied disgruntled
DISCONNECTION	apathetic aloof withdrawn detached disinterested indifferent restless reluctant bored remote distant lonely
EMBARRASSMENT	regret remorse sorrow chagrin embarrassed regretful chagrined shyness
FATIGUE	burned-out weary lethargic fatigued tired stretched bored
FEAR	terror horror shock panic dread numb(ness) petrified helpless frightened panicky fearful scared foreboding unnerved alarmed apprehensive edgy nervous jittery
PAIN	agony despair anguish heartbroken grief pain depression misery anguished devastated hopeless wretched miserable dejected depressed dispirited hurt forlorn despondent woeful melancholy melancholic sad pained gloomy blue
TENSION & WORRY	turmoil panic turbulence distress overwhelm(ed) exhausted depleted frazzled distressed stressed panicky shaky jittery stretched burned-out anxious agitated worried perturbed alarmed startled rattled unsettled fragile vulnerable sensitive
YEARNING	longing desire envy nostalgia wistfulness

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AFFECTION	longing loving desire tender affectionate sensitive friendly warm
ALIVENESS	electrified dazzled effervescent breathless amazed astonished fascinated excited inspired invigorated stimulated enlivened aroused energetic alert eager intrigued interested inquisitive animated adventurous expectant engrossed absorbed fulfilled confident surprised curious amused
APPRECIATION	touched moved nourished proud grateful gratified thankful appreciative
COMPASSION	compassionate empathic sympathetic tender openhearted moved sensitive
CONFIDENCE	optimistic confident hopeful encouraged expectant relieved
JOY	joy jubilation rapture joyful jubilant joyous overjoyed rapturous glorious exuberant radiant exhilarated thrilled delighted glowing giddy gay merry mirthful
PEACE	serenity free tranquility blissful serene peaceful tranquil calm safe secure reassured carefree relief relieved refreshed trusting open attuned contentment mellow warm happy content