

# Feelings Inventory

Feelings likely to be present when our needs ARE or ARE NOT being met. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

## PEACEFUL

tranquil  
calm  
content  
engrossed  
absorbed  
expansive  
serene  
loving  
blissful  
satisfied  
relaxed  
relieved  
quiet  
carefree  
composed  
fulfilled

## LOVING

warm  
affectionate  
tender  
appreciative  
friendly  
sensitive  
compassionate  
grateful  
nurtured  
amorous  
trusting  
open  
thankful  
radiant  
adoring  
passionate

## GLAD

happy  
excited  
hopeful  
joyful  
satisfied  
delighted  
encouraged  
grateful  
confident  
inspired  
touched  
proud  
exhilarated  
ecstatic  
optimistic  
glorious

## PLAYFUL

energetic  
effervescent  
invigorated  
zestful  
refreshed  
impish  
alive  
lively  
exuberant  
giddy  
adventurous  
mischievous  
jubilant  
goofy  
buoyant  
electrified

## INTERESTED

involved  
inquisitive  
intense  
enriched  
absorbed  
alert  
aroused  
astonished  
concerned  
curious  
eager  
enthusiastic  
fascinated  
intrigued  
surprised  
helpful

## MAD

impatient  
pessimistic  
disgruntled  
frustrated  
irritable,  
edgy  
grouchy  
agitated  
exasperated  
disgusted  
irked  
cantankerous  
animosity  
bitter  
rancorous  
irate, furious  
angry  
hostile  
enraged  
violent

## SAD

lonely  
heavy  
troubled  
helpless  
gloomy  
overwhelmed  
distant  
despondent  
discouraged  
distressed  
dismayed  
disheartened  
despairing  
sorrowful  
unhappy  
depressed  
blue  
miserable  
dejected  
melancholy

## SCARED

afraid  
fearful  
terrified  
startled  
nervous  
jittery  
horrified  
anxious  
worried  
anguished  
lonely  
insecure  
sensitive  
shocked  
apprehensive  
dread  
jealous  
desperate  
suspicious  
frightened

## TIRED

exhausted  
fatigued  
inert  
lethargic  
indifferent  
weary  
overwhelmed  
fidgety  
helpless  
heavy  
sleepy  
disinterested  
reluctant  
passive  
dull  
bored  
listless  
blah  
mopey  
comatose

## CONFUSED

frustrated  
perplexed  
hesitant  
troubled  
uncomfortable  
withdrawn  
apathetic  
embarrassed  
hurt  
uneasy  
irritated  
suspicious  
unsteady  
puzzled  
restless  
boggled  
chagrined  
unglued  
detached  
skeptical