

Feelings when your needs are not met

Angry (Judgment)

- Aggravated
- Upset
- Resentful
- Irritated
- Jealous
- Animosity
- Enraged
- Furious
- Reluctant
- Resistant
- Bored
- Sickened
- Nauseous
- Scorn
- Hateful
- Suspicious
- Apprehensive
- Concerned
- Worried
- Helpless
- Susceptible
- Frightened
- Terrified
- Shocked
- Amazed
- Preoccupied
- Hesitant
- Stunned
- Stressed
- Confused
- Puzzled
- Hopeless
- Fatigued/Tired
- Miserable
- Despair
- Heartbroken
- Devastated
- Discouraged
- Disappointed
- Self-conscious
- Uncomfortable
- Regretful
- Remorseful
- Mortified
- Horrible
- Chagrined
- Flustered

Disgusted (repulsion)

- Averse
- Repulsive
- Contempt
- Insecure
- Anxious
- Vulnerable
- Scared
- Astonished
- Distracted
- Startled
- Overwhelmed
- Depressed
- Pain & Hurt
- Grief & Sorrow
- Unhappy
- Awkward
- Guilty
- Embarrassed
- Humiliation

Afraid (threatened)

- Mad
- Envious
- Angry
- Disgusted
- Afraid
- Surprised
- Sad
- Ashamed
- Harmonious
- Tranquil
- Relaxed
- Content
- Comfortable
- Serene
- Calm
- Quiet
- Congruous
- Centered
- Balanced

Surprised (caught off guard)

- Surprised
- Sad
- Ashamed
- Harmonious
- Tranquil
- Relaxed
- Content
- Comfortable
- Serene
- Calm
- Quiet
- Congruous
- Centered
- Balanced

Sad (loss)

- Harmonious
- Tranquil
- Relaxed
- Content
- Comfortable
- Serene
- Calm
- Quiet
- Congruous
- Centered
- Balanced

Feelings when your needs are met

Proud (self-acceptance)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
- Happy
- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
- Hopeful
- Secure
- Confident
- Affectionate
- Adoration
- Connected
- Caring
- Comfortable
- Satisfied
- Tenderness
- Intimate
- Close
- Reverence
- Admiration
- Fondness
- Friendly
- Convinced
- Certain
- Comforted
- Safe
- Expectant
- Optimistic
- Relieved
- Positive
- Refreshed
- Animated
- Mesmerized
- Captivated
- Curious
- Interested
- Engrossed
- Absorbed
- Thankful
- Appreciation
- Passionate
- Enthusiastic
- Thrilled
- Elated
- Glad - Pleased
- Delighted
- Effective
- Empowered
- Courageous
- Brave
- Pleased
- Fulfilled
- Self-Assured
- Poised

Joyful (gain)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
- Happy
- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
- Hopeful
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- Confident
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- Passionate
- Enthusiastic
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- Pleased
- Fulfilled
- Self-Assured
- Poised

Intrigued (attentive)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
- Happy
- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
- Hopeful
- Secure
- Confident
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- Passionate
- Enthusiastic
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- Fulfilled
- Self-Assured
- Poised

Trusting (security)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
- Happy
- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
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- Fulfilled
- Self-Assured
- Poised

Loving (attraction)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
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- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
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- Passionate
- Enthusiastic
- Thrilled
- Elated
- Glad - Pleased
- Delighted
- Effective
- Empowered
- Courageous
- Brave
- Pleased
- Fulfilled
- Self-Assured
- Poised

Peaceful (acceptance)

- Self-Confident
- Self-Esteem
- Encouraged
- Powerful
- Happy
- Ecstatic
- Excited
- Grateful
- Engaged
- Fascinated
- Entranced
- Energetic
- Assured
- Hopeful
- Secure
- Confident
- Affectionate
- Adoration
- Connected
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- Comfortable
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- Expectant
- Optimistic
- Relieved
- Positive
- Refreshed
- Animated
- Mes

Feelings are internal emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ..." or "I feel that ..." or "I feel as if ..." or "I feel you ...", such as:

Abandoned	Attacked	Abused	Betrayed	Blamed	Bullied	Cheated
Coerced	Criticized	Dismissed	Disrespected	Excluded	Ignored	Intimidated
Insulted	Let Down	Manipulated	Misunderstood	Neglected	Put down	Rejected
Unappreciated	Unloved	Unheard	Unwanted	Used	Violated	Wronged