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	LOVING	GLAD	PLAYFUL	INTERESTED
tranquil	warm	happy	energetic	involved
calm	affectionate	excited	effervescent	inquisitive
content	tender	hopeful	invigorated	intense
engrossed	appreciative	joyful	zestful	enriched
absorbed	friendly	satisfied	refreshed	absorbed
expansive	sensitive	delighted	impish	alert
serene	compassionate	encouraged	alive	aroused
loving	grateful	grateful	lively	astonished
blissful	nurtured	confident	exuberant	concerned
satisfied	amorous	inspired	giddy	curious
relaxed	trusting	touched	adventurous	eager
relieved	open	proud	mischievous	enthusiastic
quiet	thankful	exhilarated	jubilant	fascinated
carefree	radiant	ecstatic	goofy	intrigued
composed	adoring	optimistic	buoyant	surprised
fulfilled	passionate	glorious	electrified	helpful

MAD	SAD	SCARED	TIRED	CONFUSED
impatient	lonely	afraid	exhausted	frustrated
pessimistic	heavy	fearful	fatigued	perplexed
disgruntled	troubled	terrified	inert	hesitant
frustrated	helpless	startled	lethargic	troubled
irritable,	gloomy	nervous	indifferent	uncomfortable
edgy	overwhelmed	jittery	weary	withdrawn
grouchy	distant	horrified	overwhelmed	apathetic
agitated	despondent	anxious	fidgety	embarrassed
exasperated	discouraged	worried	helpless	hurt
disgusted	distressed	anguished	heavy	uneasy
irked	dismayed	lonely	sleepy	irritated
cantankerous	disheartened	insecure	disinterested	suspicious
animosity	despairing	sensitive	reluctant	unsteady
bitter	sorrowful	shocked	passive	puzzled
rancorous	unhappy	apprehensive	dull	restless
irate, furious	depressed	dread	bored	boggled
angry	blue	jealous	listless	chagrined
hostile	miserable	desperate	blah	unglued
enraged	dejected	suspicious	mopey	detached
violent	melancholy	frightened	comatose	skeptical