Feelings when your needs are satisfied

**AFFECTIONATE**
- entranced
- fascinated
- interested
- intrigued
- involved
- spellbound
- stimulated

**CONFIDENT**
- amazed
- awed
- astonished
- dazzled
- eager
- energetic

**ENGAGED**
- absorbed
- alert
- curious
- engrossed
- enchanted

**HOPEFUL**
- touched
- expectant
- encouraged
- optimistic

**JOYFUL**
- fulfilled
- passions
- satisfied
- relieved

**PEACEFUL**
- mellow
- quiet
- tranquil
- trusting

**REFRESHED**
- enlivened
- renewed
- rested
- revived

**INSPIRED**
- exhilarated
- delighted
- tickled
- enlivened

**EXHILARATED**
- blissful
- ecstatic
- elated
- entranced

**GRATEFUL**
- appreciative
- moved
- thankful
- equanimity

Feelings when your needs are not satisfied

**AFRAID**
- apprehensive
- dread
- foreboding
- frightened
- mistrustful
- panicked
- petrified
- scared
- suspicious
- terrified
- wary
- worried

**ANNOYED**
- aggravated
- dismayed
- disgruntled
- displeased
- exasperated
- frustrated
- impatient
- irritated
- irked

**ANGER**
- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- resentful

**AVERSION**
- animosity
- appalled
- contempt
- disgusted
- dislike
- hate
- horrified
- hostile
- repulsed

**DISQUIET**
- agitated
- alarmed
- disconcerted
- disturbed
- perturbed
- rattled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- turmoil
- uncomfortable
- uneasy
- unnerved
- unsettled

**CONFUSED**
- ambivalent
- baffled
- bewildered
- dazed
- flummoxed
- hesitant
- lost
- mystified
- perplexed
- puzzled
- torn

**PAIN**
- agony
- anguished
- bereaved
- devastated
- grief
- heartbroken
- hurt
- lonely
- miserable
- regretful
- remorseful

**SAD**
- burnt out
- depleted
- exhausted
- lethargic
- listless
- sleepless
- tired
- weary

**VULNERABLE**
- distraught
- edgy
- fidgety
- frazzled
- irritable
- jittery
- nervous
- overwhelmed
- restless
- stressed out
- fragile
- guarded
- helpless
- insecure
- leery
- reserved
- sensitive
- shaky

**TENSE**
- anxious
- cranky
- distressed
- worn out
- pain
- agitated
- alarmed
- disconcerted
- disturbed
- perturbed
- rattled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- turmoil
- uncomfortable
- uneasy
- unnerved
- unsettled

**DISCONNECTED**
- upset
-alienated
- aloof
- apathetic
- bored
- cold
- detached
- distant
- distracted
- indifferent

**EMBARRASSED**
- ashamed
- chagrined
- flustered
- guilty
- mortified
- self-conscious

**FATIGUE**
- beat
- heavy hearted
- longed