

Feelings List: How we feel when our needs **are** being met

Calm: comfortable, content, fulfilled, relaxed, relieved, satisfied

Confident: empowered, open, proud, secure

Engaged: absorbed, alert, amused, curious, fascinated, interested, intrigued, involved

Excited: animated, eager, energetic, enthusiastic, surprised

Glad: delighted, happy, pleased, satisfied

Grateful: appreciative, thankful, pleased

Hopeful: expectant, encouraged, optimistic Inspired: amazed, awed, energized

Refreshed: rejuvenated, renewed, rested, restored, revived

Feelings List: How we feel when needs **are not** being met

Annoyed: aggravated, angry, displeased, exasperated, frustrated, impatient, irritated, upset

Concerned: apprehensive, suspicious, worried, anxious, cautious, wary, disturbed, guarded, alarmed, hesitant, troubled

Confused: ambivalent, hesitant, perplexed, puzzled, torn, conflicted, bewildered

Disconnected: bored, detached, distracted, withdrawn, indifferent, shocked, impatient, lethargic

Fatigued: burnt out, depleted, exhausted, tired, overwhelmed

Uncomfortable: disconcerted, rattled, tense, uneasy, unhappy, unsettled, reluctant

Adapted from Dian Killian [workcollaboratively.com](http://workcollaboratively.com)