

Emotional vocabulary

Feelings when needs are met

affected	delighted	grateful	moved	satisfied
astonished	delighted	happy	moved	self-satisfied
awake	eager	happy	optimistic	serene
balanced	easy	hopeful	overwhelmed	serene
blessed	easy	in love	peaceful	soothed
brave	elated	inquisitive	peppy	stirred
bright	engaged	inspired	powerful	stimulated
calm	enliven	interested	prepared	sure
chained	enthusiastic	joyful	quiet	surprised
clear	fascinated	lively	refreshed	tangy
comfortable	freed	lively	relaxed	tensed
confident	fulfilled	loving	relieved	turned up
confidet	funny	merry	relieved	
curious	glad	more than happy	replete	
delighted	good humored	motivated	resolute	

Emotional vocabulary

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Feelings when needs are not met

affected	deprimiert	helpless	paralyzed	terrified
aggressive	desperate	hesitant	perplexed	testy
alerted	despondent	hopeless	powerless	tired
angry	discouraged	impatient	reluctant	torn
annoyed	disillusioned	indifferent	reserved	troubled
anxious	disgusted	in panic	resigned	uncertain
apathetic	dissatisfied	inanimate	restless	under pressure
appalled	down	inhibited	sad	uneasy
bitter	drained	irritated	shaky	unhappy
blocked	excited	loaded	shocked	unsatisfied
bored	exhausted	lonely	shy	upset
braced	fidgety	miserable	skeptical	worried
burned out	floppy	nervous	sluggish	
concerned	frustrated	outraged	speechless	
confused	glum	overburdened	stressed	
demotivated	hateful	overwhelmed	tensed	

Emotional vocabulary

Thoughts, Pseudo Feelings

abused	duped	left	out of place	trapped
accused	exploited	lied to	out of place	undesired
ashamed	fooled	made small	overran	unheard
attacked	forced	manipulated	patronized	unimportant
attacked	harassed	mastered	pushed	unloved
blamed	harassed	mistreated	rejected	unworthy
constricted	humiliated	misunderstood	reprimanded	violated
coward	ignored	misunderstood	reproved	worthless
deceived	insignificant	neglected	revealed	
deceived	intimidated	neglected	skipped	
disturbed	invisible	not taken seriously	suppressed	
dominated	isolated	offended	threatened	