

FEELINGS WORD CHART

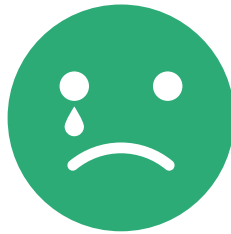
When Needs Are Unfulfilled

SAD

Down
Dejected
Depressed
Heartbroken
Blue
Unhappy
Downhearted
Demoralized

DISCONNECTED

Apathetic
Bored
Cold
Detached
Distant
Indifferent
Numb
Withdrawn



ANGRY

Enraged
Furious
Incensed
Irate
Livid
Outraged
Resentful

ANNOYED

Aggravated
Bothered
Disgruntled
Displeased
Frustrated
Irritated
Miffed
Peeved

AVERSE

Appalled
Contemptuous
Disgusted
Disliking
Hateful
Horried
Hostile
Repulsed

AFRAID

Dreading
Fearful
Frightened
Mistrustful
Panicked
Petrified
Scared
Worried

TENSE

Anxious
Cranky
Edgy
Fidgety
Irritable
Jittery
Nervous
Overwhelmed

CONFUSED VULNERABLE

Baffled
Bewildered
Conflicted
Dazed
Lost
Mystified
Perplexed
Puzzled

Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Shaky

YEARNING

Envious
Jealous
Lonely
Longing
Nostalgic
Pining
Wistful

DISQUIETED EMBARRASSED

Activated
Alert
Agitated
Alarmed
Antsy
Concerned
Dismayed
Restless

Ashamed
Chagrined
Flustered
Mortified
Self-Conscious

PAIN

Agony
Anguish
Devastated
Grieving
Heartbroken
Hurt
Regretful
Remorseful

FATIGUED

Beat
Burned-Out
Depleted
Exhausted
Lethargic
Tired
Wiped-Out
Worn-Out

BECKY LENNOX

Keller, Texas
www.beckylennox.com

CRT, CCDC, CACC | Counselor & Life Coach

(817) 701-5438
beckylennox2018@gmail.com

FEELINGS WORD CHART

When Needs Are Fulfilled

HAPPY

Amused
Delighted
Glad
Joyful
Jubilant
Merry
Pleased
Overjoyed

REFRESHED

Enlivened
Recharged
Rejuvenated
Renewed
Rested
Restored
Revived



EXHILARATED

Blissful
Ecstatic
Elated
Exuberant
Radiant
Thrilled
Electrified
Euphoric

INSPIRED

Awed
Enthused
Moved
Stirred
Trusting
Wonder

PEACEFUL

Calm
Centered
Comfortable
Contemplative
Content
Fulfilled
Mellow
Open
Quiet
Reflective
Relieved
Satisfied
Self-Connected
Serene
Still
Tranquil

ENGAGED

Absorbed
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

HOPEFUL

Expectant
Jazzed
Optimistic
Up

AFFECTIONATE

Appreciative
Compassionate
Friendly
Fond
Grateful
Loving
Openhearted
Tender
Thankful
Touched
Warm

EXCITED

Activated
Alert
Amazed
Animated
Aroused
Eager
Encouraged
Energetic
Giddy
Invigorated
Lively
Passionate
Psyched
Surprised
Vibrant

BECKY LENNOX

Keller, Texas
www.beckylennox.com

CRT, CCDC, CACC | Counselor & Life Coach

(817) 701-5438
beckylennox2018@gmail.com