

Feelings When Needs ARE NOT Satisfied



PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

AFRAID

apprehensive
doubtful
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
dull
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
humiliated
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

DEPRESSED

sad
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
lousy
melancholy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless

Faux Feelings (Interpretations often confused as feelings)

ATTACKED ... If I think you're attacking me, I might be feeling scared, hurt or vulnerable

CRITICIZED ... If I think you're criticizing me, I might be feeling anxious, indignant or hurt

LEFT OUT ... If I think you're leaving me out, I might be feeling sad, disappointed - or delighted

USED ... If I think you're using me, I might be feeling wary, resentful or upset