

Feelings When Needs ARE Satisfied



Feelings are like our internal thermometers. They tell us whether our needs are being met or not, and how intensely “up” those needs are for us in any given moment. These lists are not definitive, prescriptive nor exhaustive: please add/delete words to make them your own and to reflect what resonates for you.

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

INSPIRED

amazed
awed
wonder

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

CLARITY

communication
comprehension
discernment
information
insight
shared reality
to make sense of one's
world

GRATEFUL

appreciative
moved
thankful
touched

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

HOPEFUL

expectant
encouraged
optimistic

Faux Feelings (Needs often confused as feelings)

SAFE ... If my need for safety is met, I might be feeling relaxed, open or calm

HEARD ... If my need to be heard is met, I might be feeling satisfied, receptive or happy

APPRECIATION ... If my need to be appreciated is met, I might be feeling delighted, joyful and hopeful