

# FEELINGS

## When Our Needs Are Being Met

### COMPASSIONATE

- Affectionate
- Friendly
- Helpful
- Loving
- Tender
- Touched
- Sympathetic
- Warm

### CONFIDENT

- Composed
- Open
- Proud
- Safe
- Secure
- Trusting

### ENGAGED

- Absorbed
- Alert
- Alive
- Enchanted
- Engrossed
- Enthralled
- Entranced
- Inquisitive
- Intense
- Interested
- Intrigued
- Involved
- Sensitive
- Spell bound
- Wide awake

### INSPIRED

- Amazed
- Awed
- Curious
- Fascinated
- Moved
- Stimulated
- Passionate

### EXCITED

- Astonished
- Dazzled
- Energetic
- Enthusiastic
- Giddy
- Lively
- Surprised

### GRATEFUL

- Appreciative
- Gratified
- Relieved
- Thankful

### HOPEFUL

- Adventurous
- Eager
- Encouraged
- Expectant
- Optimistic

### HAPPY

- Blissful
- Cheerful
- Delighted
- Ecstatic
- Elated
- Exuberant
- Exultant
- Free
- Glad
- Gleeful
- Glorious
- Good humored
- Joyful
- Jubilant
- Merry
- Overjoyed
- Radiant
- Splendid
- Thrilled
- Upbeat
- Wonderful
- Zestful

### PEACEFUL

- Calm
- Carefree
- Centered
- Clear-headed
- Comfortable
- Content Fulfilled
- Mellow
- Pleasant
- Pleased
- Quiet
- Relaxed
- Satisfied
- Serene
- Still
- Tranquil

### REJUVENATED

- Amused
- Enlivened
- Exhilarated
- Invigorated
- Refreshed
- Renewed
- Restored
- Revived
- Vibrant