

# FEELINGS

## When Our Needs Are **NOT** Being Met

### AFRAID

- Alarmed
- Anxious
- Apprehensive
- Concerned
- Dread
- Fearful
- Frightened
- Hesitant
- Horrified
- Jittery
- Leery
- Mistrustful
- Panicky
- Petrified
- Reluctant
- Scared
- Shocked
- Skeptical
- Suspicious
- Surprised
- Terrified
- Wary

### ANGRY

- Bitter
- Cross
- Enraged
- Exasperated
- Furious
- Hostile
- Hot
- Indignant
- Incensed
- Irked
- Livid
- Mad
- Resentful
- Unhappy
- Upset

### ANNOYED

- Aggravated
- Agitated
- Irritated

### CONFUSED

- Baffled
- Bored
- Dazed
- Lost
- Perplexed
- Puzzled

### DISAPPOINTED

- Discouraged
- Disgruntled
- Disheartened
- Dismayed
- Frustrated

### DISCONNECTED

- Aloof
- Cool
- Detached
- Distracted
- Dull
- Fidgety
- Indifferent
- Lonely
- Numb
- Passive
- Uninterested
- Withdrawn

### DISLIKE

- Disgusted
- Contempt
- Hate
- Repulsed

### EMBARRASSED

- Ashamed
- Flustered
- Mortified
- Self-conscious

### HURT

- Devastated
- Grief
- Miserable
- Mournful

### INSECURE

- Fragile
- Guarded
- Helpless
- Reserved
- Vulnerable

### LONGING

- Envious
- Jealous
- Wistful
- Pining

### SAD

- Brokenhearted
- Depressed
- Despairing
- Downcast
- Gloomy
- Guilty
- Horrible
- Hopeless
- Jealous
- Morose
- Pessimistic
- Regretful
- Sorry
- Sorrowful
- Troubled
- Woeful

### TENSE

- Disquieted
- Disturbed
- Edgy
- Frazzled
- Harried
- Irritable
- Impatient
- Nervous
- Overwhelmed
- Restless
- Shaky
- Stressed out
- Uncomfortable
- Uneasy
- Unnerved
- Unsteady
- Uptight
- Worried

### TIRED

- Burnt out
- Cranky
- Depleted
- Exhausted
- Fatigued
- Lethargic
- Listless
- Worn out
- Sleepy
- Weary