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List of Human Feelings – When Our Needs ARE Met

<u>Peaceful</u>	<u>Loving</u>	<u>Glad</u>	<u>Interested</u>	<u>Playful</u>
Tranquil	Warm	Happy	Inquisitive	Energetic
Calm	Affectionate	Excited	Enriched	Invigorated
Content	Tender	Hopeful	Alert	Refreshed
Absorbed	Appreciative	Joyful	Aroused	Impish
Serene	Friendly	Satisfied	Astonished	Alive
Loving	Sensitive	Delighted	Concerned	Lively
Fulfilled	Compassion	Grateful	Curious	Exuberant
Satisfied	Grateful	Confident	Eager	Giddy
Relaxed	Trusting	Inspired	Enthusiastic	Adventurous
Relieved	Open	Touched	Fascinated	Mischievous
Quiet	Thankful	Proud	Intrigued	Goofy
Carefree	Passionate	Exhilarated	Surprised	Buoyant

List of Human Feelings – When Our Needs Are NOT Met

<u>Mad</u>	<u>Sad</u>	<u>Scared</u>	<u>Tired</u>	<u>Confused</u>
Impatient	Lonely	Afraid	Exhausted	Perplexed
Irritated	Hurt, Hurting	Nervous	Fatigued	Hesitant
Frustrated	Unhappy	Startled	Lethargic	Troubled
Grouchy	Gloomy	Anxious	Indifferent	Uncomfortable
Agitated	Overwhelmed	Worried	Weary	Withdrawn
Exasperated	Distant	Frightened	Overwhelmed	Apathetic
Disgusted	Discouraged	Insecure	Fidgety	Detached
Animosity	Distressed	Anguished	Sleepy	Embarrassed
Bitter	Dismayed	Sensitive	Disinterested	Helpless
Rancorous	Disheartened	Shocked	Reluctant	Uneasy
Irate, Furious	Despairing	Apprehensive	Bored	Suspicious
Angry	Sorrowful	Jealous	Dull	Puzzled
Hostile	Depressed	Terrified	Blah	Unsteady
Enraged	Blue	Horrified	Mopey	Restless
	Miserable	Desperate	Heavy	Skeptical

