

WHEN NEEDS ARE NOT BEING MET

Hostile

Animosity, Antagonistic, Appalled, Aversion, Cold, Contempt, Disgusted, Dislike, Distain, Hate, Horrified, Repulsed, Scorn, Surly, Vengeful, Vindictive

Angry

Enraged, Furious, Incensed, Indignant, Irate, Livid, Mad, Outraged, Resentful, Ticked off

Annoyed

Aggravated, Bitter, Cranky, Cross, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Grouchy, Impatient, Irked, Irritated, Miffed, Peeved, Resentful, Sullen, Uptight

Upset

Discombobulated, Disconcerted, Disturbed, Disquieted, Perturbed, Rattled, Restless, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled

Tense

Antsy, Anxious, Bitter, Distressed, Distaught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Pressured, Restless, Stressed out, Uneasy

Afraid

Apprehensive, Concerned, Dread, Fearful, Foreboding, Frightened, Hesitant, Mistrustful, Panicked, Petrified, Scared, Suspicious, Terrified, Timid, Trepidation, Unnerved, Wary, Worried, Reserved, Sensitive, Shaky, Unsteady

Vulnerable

Cautious, Fragile, Guarded, Helpless, Insecure, Helpless, Leery, Reluctant

Confused

Ambivalent, Baffled, Bewildered, Dazed, Flustered, Hesitant, Lost, Mystified, Perplexed, Puzzled, Skeptical, Torn

Embarrassed

Ashamed, Chagrined, Contrite, Guilty, Disgraced, Humiliated, Mortified, Remorse, Regretful, Self-conscious

Longing

Envious, Jealous, Nostalgic, Pining, Wistful, Yearning

Tired

Beat, Burned out, Depleted, Exhausted, Fatigued, Lethargic, Listless, Sleepy, Weary, Worn out

Disconnected

Alienated, Aloof, Apathetic, Bored, Cold, Detached, Disengaged, Disinterested, Distant, Distracted, Indifferent, Lethargic, Listless, Lonely, Numb, Removed, Uninterested, Withdrawn

Sad

Blue, Depressed, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Downcast, Downhearted, Forlorn, Gloomy, Grief, Heavy hearted, Hopeless, Melancholy, Sorrow, Unhappy

Shocked

Appalled, Disbelief, Dismay, Horrified, Mystified, Startled, Surprised

Pain

Agony, Anguished, Bereaved, Devastated, Heartbroken, Hurt, Miserable, Wretched

WHEN NEEDS ARE BEING MET

Exhilarated

Ecstatic, Elated, Enthralled, Exuberant, Giddy, Silly, Slap-happy

Excited

Alive, Amazed, Animated, Eager, Energetic, Enthusiastic, Invigorated, Lively, Passionate

Inspired

Amazed, Astonished, Awed, Dazzled, Radiant, Rapturous, Surprised, Thrilled, Uplifted, Wonder

Joyful

Amused, Buoyant, Delighted, Elated, Ecstatic, Glad, Gleeful, Happy, Jubilant, Merry, Mirthful, Overjoyed, Pleased, Radiant, Ticked

Relaxed

At ease, Carefree, Comfortable, Open

Curious

Adventurous, Alert, Interested, Intrigued, Inquisitive, Fascinated, Spellbound, Stimulated

Confident

Empowered, Proud, Safe, Secure, Self-assured

Engaged

Absorbed, Alert, Ardent, Curious, Engrossed, Enchanted, Entranced, Involved

Hopeful

Expectant, Encouraged, Optimistic

Grateful

Appreciative, Moved, Thankful, Touched

Refreshed

Enlivened, Rejuvenated, Renewed, Rested, Restored, Revived, Energetic

Affectionate

Closeness, Compassionate, Friendly, Loving, Openhearted, Sympathetic, Tender, Trusting, Warm

Peaceful

Blissful, Calm, Centered, Clear headed, Mellow, Quiet, Serene, Tranquil

Relieved

Complacent, Composed, Cool, Trusting

Content

Glad, Cheerful, Fulfilled, Satisfied

