

# Feelings when Needs are Not Satisfied



<b>PAIN</b>	<b>AVERSION</b>	<b>DISCONNECTED</b>	<b>EMBARRASSED</b>	<b>DEPRESSED</b>
Agony	Animosity	Alienated	Ashamed	sad
Anguished	Appalled	Aloof	Chagrined	dejected
Bereaved	Contempt	Apathetic	Flustered	despair
Devastated	Disgusted	Bored	Humiliated	despondent
Grief	Dislike	Cold	Guilty	disappointed
Heartbroken	Hate	Detached	Mortified	discouraged
Hurt	Horrified	Distant	Self-conscious	disheartened
Lonely	Hostile	Distracted		forlorn
Miserable	Repulsed	Dull	<b>FATIGUE</b>	gloomy
Regretful		Indifferent	Beat	heavy hearted
Remorseful		Numb	Burnt out	hopeless
	<b>CONFUSED</b>	Removed	Depleted	lousy
	Ambivalent	Uninterested	exhausted	melancholy
<b>ANNOYED</b>	Baffled	Withdrawn	Lethargic	wretched
Aggravated	Bewildered		Sleepy	
Dismayed	Dazed	<b>DISQUIET</b>	Tired	<b>TENSE</b>
Disgruntled	Hesitant	Agitated	Weary	Anxious
Displeased	Lost	Alarmed		Cranky
Exasperated	Perplexed	Disturbed	<b>YEARNING</b>	Distressed
Frustrated	Puzzled	Rattled	Envious	Distraught
Impatient	Torn	Restless	Jealous	Edgy
Irritated		Shocked	Longing	Fidgety
Irked	<b>AFRAID</b>	Startled	Nostalgic	Frazzled
	Apprehensive	Surprised		Irritable
<b>ANGRY</b>	Doubtful	Turbulent	<b>VULNERABLE</b>	Jittery
Enraged	Dread	Turmoil	Fragile	Nervous
Furious	Frightened	Uncomfortable	Guarded	Overwhelmed
Incensed	Panicked	Uneasy	Helpless	Restless
Indignant	Petrified	Unsettled	Insecure	
Outraged	Scared	Upset	Leery	
Resentful	Suspicious		Reserved	
	Terrified		Sensitive	
	Wary		Shaky	
	Worried			

## Faux Feelings (Interpretations often confused as feelings)

**ATTACKED** ... If I think you're attacking me, I might be feeling scared, hurt or vulnerable

**CRITICIZED** ... If I think you're criticizing me, I might be feeling anxious, indignant or hurt

**LEFT OUT** ... If I think you're leaving me out, I might be feeling sad, disappointed - or delighted

**USED** ... If I think you're using me, I might be feeling wary, resentful or upset

For more example of Faux Feelings, see the document "TRANSLATING EVALUATIVE WORDS (Faux Feelings)"