

Feelings when Needs Are Satisfied

Feelings are like our internal compass. They tell us whether our needs are being met or not, and how intensely “up” those needs are for us in any given moment. These lists are not definitive, prescriptive nor exhaustive. Please add/delete words to make them your own and to reflect what resonates for you.

AFFECTIONATE

Compassionate
Friendly
Loving
Open hearted
Tender
Touched
Warm

HOPEFUL

Expectant
Encouraged
Optimistic

INSPIRED

Amazed
Awed
Wonder

GRATEFUL

Appreciated
Moved
Thankful
Touched

EXCITED

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

JOYFUL

Amused
Delighted
Glad
Happy
Jubilant
Tickled

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

PEACEFUL

At ease
Calm
Carefree
Chilled out
Clear
Comfortable
Centered
Content
Equanimous
Fulfilled
Grounded
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Present