**FEELINGS**

When needs ARE met (or you are connected to)

**LOVING PEACEFUL PLAYFUL**

warm tranquil energetic

affectionate calm invigorated

tender content refreshed

appreciative absorbed stimulated

friendly expansive alive

sensitive blissful exuberant

grateful relaxed carefree

compassionate centered eager

nurtured mellow enthusiastic

openhearted optimistic creative

**GLAD REFRESHED INSPIRED**

happy alive amazed

excited rejuvenated awed

hopeful renewed wonder

joyful rested

satisfied restored

delighted revived

encouraged

grateful **EXHILIRATED CONFIDENT**

confident ecstatic empowered

inspired elated open

eager enthralled proud

amused exuberant safe

pleased thrilled secure

radiant

**FEELINGS**

When needs ARE NOT met (or you aren’t connected to)

**CONFUSED SAD** **MAD**

puzzled lonely frustrated

hesitant heavy irritated

embarrassed troubled agitated

uncomfortable helpless exasperated

torn gloomy bitter

doubtful hurt aggravated

withdrawn distant hostile

mystified despondent angry

uncertain discouraged annoyed

alarmed distressed enraged

uneasy pessimistic disgusted

miserable resentful

impatient

**SCARED TIRED VULNERABLE**

afraid exhausted fragile

fearful fatigued guarded

terrified inert helpless

startled apathetic insecure

nervous lethargic leery

panicky listless reserved

jittery weary shaky

horrified sleepy sensitive

anxious fidgety shame

worried overwhelmed

concerned indifferent

apprehensive bored

wary

**YEARNING**

envious pining

jealous longing

**FEELINGS**

Mixed with Evaluations

(Thought Feelings)

Evaluative word underlying feeling Need

abandoned hurt, sad, lonely connection, belonging, support

abused Angry, frustrated care, nurturing, consideration

betrayed angry, hurt, disappointed trust, honesty, respect

criticized scared, frustrated, angry understanding, acknowledgement, recognition

ignored Angry, lonely, hurt connection, belonging, inclusion, recognition

insulted Angry, dismayed respect, consideration, acknowledgement, recognition

misunderstood upset, angry, frustrated understanding, clarity, care

rejected hurt, scared, angry belonging, inclusion, closeness, power

When one of these words comes to mind, look behind it to ask, “when I think I am \_\_\_\_\_\_\_\_, what am I feeling?” Then express the feeling behind the thought. *“When I think I am neglected, I feel lonely, sad, or worried”.*

**Non-Feeling Expressions**

I feel like. . . I feel that. . .

I feel it. . . I feel as if . . .

I feel you. . . I feel I (he, she, they)

Feelings are not likely expressed after these phrases. Thoughts, evaluations, judgments and criticisms usually follow these phrases.