The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people. There are two parts to this list: (1) feelings we may have when our needs are being met and (2) feelings we may have when our needs are not being met.
Needs Inventory

Feelings When Your Needs are Satisfied

**AFFECTIONATE**
- Compassionate
- Friendly
- Loving
- Open hearted
- Sympathetic
- Tender
- Warm

**ENGAGED**
- Absorbed
- Alert
- Curious
- Engrossed
- Enchanted
- Entranced
- Fascinated
- Interested
- Intrigued
- Involved
- Spellbound
- Stimulated

**GRATEFUL**
- Appreciative
- Moved
- Thankful
- Touched

**INSPIRED**
- Amazed
- Awed
- Wonder

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

**HOPEFUL**
- Expectant
- Encouraged
- Optimistic

**CONFIDENT**
- Empowered
- Open
- Proud
- Safe
- Secure

**JOYFUL**
- Amused
- Delighted
- Glad
- Happy
- Jubilant
- Pleased
- Tickled

**EXHILARATED**
- Blissful
- Ecstatic
- Elated
- Enthralled
- Exuberant
- Radiant
- Rapturous
- Thrilled

**PEACEFUL**
- Calm
- Clear headed
- Comfortable
- Centered
- Content
- Equanimous
- Fulfilled
- Mellow
- Quiet
- Relaxed
- Relieved
- Satisfied
- Serene
- Still
- Tranquil
- Trusting

**REFRESHED**
- Enlivened
- Rejuvenated
- Renewed
- Rested
- Restored
- Revived

Content Credit:
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cnvc.org; cnvc@cnvs.org; 1.505-244-4041
# Needs Inventory

## Feelings When Your Needs are Not Satisfied (Part 1/2)

<table>
<thead>
<tr>
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<th>ANNOYED</th>
<th>DISCONNECTED</th>
<th>DISQUIET</th>
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<td>Shocked</td>
<td>Withdrawn</td>
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Feelings When Your Needs are Not Satisfied (Part 2/2)

**FATIGUE**
- Beat
- Burnt out
- Depleted
- Exhausted
- Lethargic
- Listless
- Sleepy
- Tired
- Weary
- Worn out

**PAIN**
- Agony
- Anguished
- Bereaved
- Devastated
- Devastated
- Grief
- Heartbroken
- Hurt
- Lonely
- Miserable
- Regretful
- Remorseful

**SAD**
- Depressed
- Dejected
- Despair
- Despondent
- Disappointed
- Discouraged
- Disheartened
- Forlorn
- Gloomy
- Heavy hearted
- Hopeless
- Melancholy
- Unhappy
- Wretched

**YEARNING**
- Envious
- Jealous
- Longing
- Nostalgic
- Pining
- Wistful

**TENSE**
- Anxious
- Cranky
- Distressed
- Distraught
- Edgy
- Fidgety
- Frazzled
- Irritable
- Jittery
- Nervous
- Overwhelmed
- Restless
- Stressed out

**AVERSION**
- Animosity
- Appalled
- Contempt
- Disgusted
- Dislike
- Hate
- Horrified
- Hostile
- Repulsed

**VULNERABLE**
- Fragile
- Guarded
- Helpless
- Insecure
- Leery
- Reserved
- Sensitive
- Shaky