

# A List of Feelings We All Have (Emotions and Sensations)



The following list of words are used 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 help you develop your emotional vocabulary, engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.. When you get stuck, and struggle to communicate your needs, you can use this list as a reference guide.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

## 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

### **HOPEFUL**

expectant  
encouraged  
optimistic

### **CONFIDENT**

empowered  
open proud  
safe secure

### **EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **INSPIRED**

amazed  
awed  
wonder

### **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

## Feelings when your needs are not satisfied:

### **AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### **ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

### **ANGRY**

enraged  
furious  
incensed  
indignant  
irate livid  
outraged  
resentful

### **AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike hate  
horrified  
hostile  
repulsed

### **CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant lost  
mystified  
perplexed  
puzzled  
torn

### **DISCONNECTED**

alienated  
aloof  
apathetic  
bored cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

### **DISQUIET**

agitated alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed rattled  
restless shocked  
startled  
surprised  
troubled  
turbulent turmoil  
uncomfortable  
uneasy unnerved  
unsettled upset

### **EMBARRASSED**

ashamed  
chagrined  
flustered guilty  
mortified self-  
conscious

### **FATIGUE**

beat burnt  
out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
worn out

### **PAIN** agony

anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt lonely  
miserable  
regretful  
remorseful

### **SAD**

depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy heavy  
hearted  
hopeless  
melancholy  
unhappy  
wretched

### **TENSE**

anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### **VULNERABLE**

fragile  
guarded  
helpless  
insecure leery  
reserved  
sensitive  
shaky

### **YEARNING**

envious  
jealous  
longing  
nostalgic  
pining  
wistful

**Here's a longer list, shown alphabetically.**

**Feelings when your needs are satisfied:**

Absorbed	Ebullient	Happy	Refreshed
Adventurous	Effervescent	Helpful	Reinvigorated
Affectionate	Elated	Hopeful	Rejuvenated
Alert	Electrified	Humbled	Relaxed
Alive	Enchanted	Inquisitive	Relieved
Amorous	Encouraged	Inspired	Renewed
Animated	Energetic	Interested	Rested
Appreciative	Engrossed	Intrigued	Restored
Amazed	Enlivened	Invigorated	Revived
Amused	Enthralled	Involved	Safe
Aroused	Enthusiastic	Joyful	Satisfied
Astonished	Exalted	Joyous	Secure
Astounded	Excited	Jubilant	Serene
Awake	Exhilarated	Liberated	Shocked
Awed	Expansive	Loving	Spacious
Blissful	Expectant	Mellow	Spellbound
Breathless	Exuberant	Merry	Startled
Buoyant	Fascinated	Mirthful	Still
Calm	Fondness	Moved	Stimulated
Carefree	Friendly	Optimistic	Stunned
Comfortable	Fulfilled	Overwhelmed	Surprised
Confident	Gay	Passionate	Tender
Contented	Giddy	Peaceful	Thankful
Cozy	Glad	Perky	Thrilled
Curious	Gleeful	Pleased	Tickled
Cushy	Glorious	Proud	Tranquil
Dazzled	Glowing	Puzzled	Touched
Delighted	Grateful	Quiet	Upbeat
Eager	Gratified	Radiant	Uplifted
Ecstatic	Grief	Rapturous	Warm
			Zestful

## Feelings when your needs are not satisfied:

Afraid	Aggravated	Disenchanted	Horrible	Resentful
Agitation		Disgruntled	Hostile	Restless
Alarmed		Disgusted	Hot	Revolted
Aloof		Disheartened	Humdrum	Sad
Angry		Disinterested	Hurt	Scared
Anguish		Dislike	Impatient	Sensitive
Animosity		Dismayed	Incensed	Shaky
Annoyance		Displeased	Indifferent	Shocked
Anxious		Disquieted	Indignant	Skeptical
Apathetic		Distant	Infuriated	Sleepy
Appalled		Distraught	Inquisitive	Sorrowful
Apprehensive		Distressed	Insecure	Sour
Ashamed		Disturbed	Intense	Spent
Aversion		Doubtful	Irate	Spiritless
Awful		Downcast	Irked	Startled
Bad		Downhearted	Irritated	Surprised
Beat		Dread	Jealous	Suspicious
Bewildered		Dull	Jittery	Tense
Bitter		Edgy	Lazy	Terrified
Blah		Embarrassed	Lethargic	Tired
Blue		Embittered	Listless	Troubled
Bored		Enraged	Lonely	Uncertain
Breathless		Envious	Mad	Uncomfortable
Brokenhearted		Exasperated	Mean	Uneasy
Chagrined		Exhausted	Melancholy	Unglued
Cold		Exposed	Miserable	Unhappy
Concerned		Fatigued	Mopey	Unnerved
Confused		Fearful	Morose	Unsteady
Cool		Fidgety	Nervous	Upset
Contrite		Forlorn	Overwhelmed	Uptight
Cross		Frightened	Pain	Vengeful
Dejected		Frustrated	Panicky	Vexed
Depressed		Furious	Passive	Vulnerable
Despair		Gloomy	Perplexed	Weary
Despondent		Grief	Pessimistic	Withdrawn
Detached		Guilty	Puzzled	Woeful
Diffident		Hate	Rancorous	Worn out
Disappointed		Heavy	Regretful	Worried
Disconnected		Helpless	Reluctant	
Discouraged		Hesitant	Remorseful	
		Horried	Repelled	