

When our needs are being met:

Happy Glad Joyful Energetic Amused Ecstatic Goofy Pleased Proud Delighted Optimistic Cheerful	Comfortable Rested Content Satisfied Relaxed Refreshed Nourished Peaceful Relieved Calm Tranquil Fulfilled	Surprised Replenished Passionate Enchanted Impressed Stunned Mystified Delighted Playful Astonished	Friendly Playful Open Sensitive Sympathetic Touched Affectionate Compassionate Tender Loving Warm Affectionate Appreciative
Trusting Secure Grateful Encouraged Open Confident Hopeful Thankful Adventurous Centered Empowered Safe	Curious Interested Fascinated Engaged Intrigued Enthusiastic Stimulated Inspired Involved Eager Alert Excited	Energized Motivated Focused Invigorated Determined Inspired Creative Healthy Renewed	Confident Strong Brave Assured Certain Prepared Successful Encouraged Peaceful Secure

When our needs are not being met:

Angry Bitter Exasperated Frustrated Impatient Irritable Agitated Enraged Exasperated Furious Irate Outraged Upset Resentful	Sad Troubled Hopeless Depressed Disappointed Discouraged Dismayed Gloomy Disheartened Heavy-hearted Unhappy Wretched	Disconnected Board Distracted Num Withdrawn Indifferent uninterested Apathetic Distant	Fearful Alarmed Anxious Frightened Nervous Paralyzed Scared Terrified Worried Contents Petrified Panicked Hesitant Distressed Apprehensive Afraid
Uncomfortable Disturbed Unsettled Perturbed Uneasy Rattled Discomfort Restless Turbulent Shocked Troubled Startled Surprised	Shame Embarrassed Flustered Guilty Self-conscious Tired Burnt out Dejected Drained Fatigue Weary Exhausted Bored	Vulnerable Insecure Reserved Helpless Sensitive Guarded Shaky Fragile Leery	Confused Shocked Puzzled Suspicious Torn Boggled Rattled Skeptical Hesitant Perplexed Troubled