

Feelings when  
Needs are met

**AFFECTIONATE**

Compassionate  
Friendly  
Loving  
Open hearted  
Sympathetic  
Tender  
Warm

**EXHILARATED**

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

**GRATEFUL**

Appreciative  
Moved  
Thankful  
Touched

**CONFIDENT**

Empowered  
Open  
Proud  
Safe  
Secure

**JOYFUL**

Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled

**HOPEFUL**

Expectant  
Encouraged  
Optimistic

**ENGAGED**

Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced  
Fascinated  
Interested  
Intrigued

**PEACEFUL**

Calm  
Clear-headed  
Comfortable  
Centred  
Content  
Equanimous  
Fulfilled.  
Mellow  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting  
Involved  
Spellbound  
Stimulated

**REFRESHED**

Enlivened  
Rejuvenated  
Renewed  
Rested  
Restored  
Revived

**EXCITED**

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

**INSPIRED**

Amazed  
Awed  
Wonder