

Feelings when Needs  
are NOT met

**AFRAID**

Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried

**ANNOYED**

Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irk

**ANGRY**

Enraged  
Cross  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

**AVERSION**

Animosity  
Appalled  
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Withdrawn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  
Astounded  
Disconcerted  
Disturbed  
Perturbed  
Rattled  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Turbulent  
Turmoil  
Uncomfortable  
Uneasy

Unnerved

Unsettled  
Upset

**EMBARRASSED**

Ashamed  
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  
Nervous  
Overwhelmed  
Restless  
Stressed out

**VULNERABLE**

Fragile  
Guarded  
Helpless  
Insecure  
Leery  
Reserved  
Sensitive  
Shaky

**YEARNING**

Envious  
Jealous  
Longing  
Nostalgic  
Pining  
Wistful