

# List of Feelings When Needs Are Not Met

Afraid	Dazed	Embarrassed
Aggravated	Defeated	Enraged
Agitated	Dejected	Envious
Agony	Depleted	Exasperated
Alarmed	Depressed	Exhausted
Alienated	Despair	Fatigue
Aloof	Desperate	Fidgety
Ambivalent	Despondent	Flummoxed
Angry	Detached	Flustered
Anguish	Devastated	Fragile
Animosity	Disappointed	Frantic
Annoyed	Disconcerted	Frazzled
Anxious	Disconnected	Frightened
Apathetic	Discouraged	Frustrated
Appalled	Disgruntled	Furious
Apprehensive	Disgusted	Gloomy
Ashamed	Disheartened	Grief
Baffled	Dismayed	Guarded
Beat	Displeased	Guilty
Bereaved	Distant	Heartbroken
Bewildered	Distracted	Heavy-hearted
Bored	Distraught	Helpless
Burnt out	Distressed	Hesitant
Concerned	Disturbed	Hopeless
Conflicted	Doubtful	Horrorified
Confused	Drained	Hostile
Contempt	Dread	Impatient
Cranky	Edgy	Indifferent

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Indignant	Panicked	Stuck
Inhibited	Perplexed	Surprised
Insecure	Perturbed	Suspicious
Irate	Pessimistic	Tense
Irritable	Petrified	Terrified
Irritated	Powerless	Tired
Isolated	Puzzled	Torn
Jealous	Rattled	Troubled
Jittery	Regretful	Turbulent
Leery	Remorseful	Turmoil
Lethargic	Removed	Uncertain
Listless	Repulsed	Uncomfortable
Livid	Resentful	Uneasy
Lonely	Reserved	Uninterested
Longing	Resigned	Unnerved
Lost	Restless	Unsettled
Melancholy	Sad	Vulnerable
Miserable	Scared	Wary
Mistrustful	Self-conscious	Weak
Mortified	Sensitive	Weary
Mournful	Shaky	Withdrawn
Nervous	Shocked	Worn-out
Numb	Skeptical	Worried
Outraged	Startled	Wretched
Overwhelmed	Stressed	Yearning