



FEELINGS

Feelings when needs are not met

Absent	annoyed	bored		cold
concerned	confused	desperate	disturbed	
exhausted	fearful		frustrated	grieve
helpless	impatient	indifferent	lonely	lost
melancholy	pain, hurt	perplexed	pessimistic	sad
sick, ill	shocked,	surprised	tired	
troubled	weak	worry	worried	

Feelings when our needs are met

astonished	awake	blissful	calm	cheerful
comfortable	courageous	curious	energised	enthusiastic
excited	fascinated	(fine)	free	fulfilled
gentle		glad	grateful	happy
hopeful	interested	lively	loving	motivated
moved		optimistic	peaceful	relaxed
relieved	safe	secure	tender	thankful
touched	trusting	warm		

Feelings related to thoughts

angry	embarrassed	guilt	shame
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Examples of words or expressions we use for feelings, which express thoughts, evaluation, diagnoses or interpretations (the possible feeling in brackets)

= pseudo-feelings

abandoned	(alone, lonely)	rejected (sad, lonely)
abused, misused (sad, hurt)	loved (warm, happy)	attacked (hurt)
appreciated (warm, happy)	(mis)understood (irritated, confused)	deceived (sad, disappointed)
betrayed (irritated, helpless)	offended (shocked, anxious)	discriminated (helpless, sad)
worthless	(lonely, sad)	neglected (lonely)
(in)competent (helpless)	guilty (sad, helpless)	stupid (helpless)