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## SpiralCentric Journeys

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# Feelings Inventory (from CNVC.org)

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

### Feelings when your needs ARE satisfied

<b>AFFECTIONATE</b> compassionate friendly loving open hearted sympathetic tender warm  <b>CONFIDENT</b> empowered open proud safe secure  <b>ENGAGED</b> absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated	<b>EXCITED</b> amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy invigorated lively passionate surprised vibrant  <b>EXHILARATED</b> blissful ecstatic elated enthralled exuberant radiant rapturous thrilled	<b>GRATEFUL</b> appreciative moved thankful touched  <b>HOPEFUL</b> expectant encouraged optimistic  <b>INSPIRED</b> amazed awed wonder  <b>JOYFUL</b> amused delighted glad happy jubilant pleased tickled	<b>PEACEFUL</b> calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting  <b>REFRESHED</b> enlivened rejuvenated renewed rested restored revived
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### Feelings when your needs are NOT satisfied

<p><b>AFRAID</b>  apprehensive  dread  foreboding  frightened  mistrustful  panicked  petrified  scared  suspicious  terrified  wary  worried</p> <p><b>ANGRY</b>  enraged  furious  incensed  indignant  irate  livid  outraged  resentful</p> <p><b>ANNOYED</b>  aggravated  dismayed  disgruntled  displeased  exasperated  frustrated  impatient  irritated  irked</p> <p><b>AVERSION</b>  animosity  appalled  contempt  disgusted  dislike  hate  horrified  hostile  repulsed</p>	<p><b>CONFUSED</b>  ambivalent  baffled  bewildered  dazed  hesitant  lost  mystified  perplexed  puzzled  torn</p> <p><b>DISCONNECTED</b>  alienated  aloof  apathetic  bored  cold  detached  distant  distracted  indifferent  numb  removed  uninterested  withdrawn</p> <p><b>DISQUIET</b>  agitated  alarmed  discombobulated  disconcerted  disturbed  perturbed  rattled  restless  shocked  startled  surprised  troubled  turbulent  turmoil  uncomfortable  uneasy  unnerved</p>	<p><b>DISQUIET (cont.)</b>  unsettled  upset</p> <p><b>EMBARRASSED</b>  ashamed  chagrined  flustered  guilty  mortified  self-conscious</p> <p><b>FATIGUE</b>  beat  burnt out  depleted  exhausted  lethargic  listless  sleepy  tired  weary  worn out</p> <p><b>PAIN</b>  agony  anguished  bereaved  devastated  grief  heartbroken  hurt  lonely  miserable  regretful  remorseful</p> <p><b>SAD</b>  depressed  dejected  despair  despondent  disappointed  discouraged  disheartened</p>	<p><b>SAD (cont.)</b>  forlorn  gloomy  heavy hearted  hopeless  melancholy  unhappy  wretched</p> <p><b>TENSE</b>  anxious  cranky  distressed  distraught  edgy  fidgety  frazzled  irritable  jittery  nervous  overwhelmed  restless</p> <p>stressed out</p> <p><b>VULNERABLE</b>  fragile  guarded  helpless  insecure  leery  reserved  sensitive  shaky</p> <p><b>YEARNING</b>  envious  jealous  longing  nostalgic  pining  wistful</p>
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