

## Feelings When Your Needs Are Not Satisfied

**FEELINGS LIST** - I believe that our feelings are a doorway into the discovery of our needs. When our needs are being met, we usually are in a positive state. When our needs are not being met, our emotions can fluctuate quite dramatically into the negative. The following list of feelings refers to specific emotions that we may have **when our needs are not being met**, prompting us to identify our unmet needs and consider the strategies we are using to express and meet them. This reflection process can help us be more intentional and communicative of our unmet needs.

### **AFRAID**

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

### **ANNOYED**

aggravated  
dismayed  
disgruntled  
displeased  
exasperated  
frustrated  
impatient  
irritated  
irked

### **ANGRY**

enraged  
furious  
incensed  
indignant  
irate  
livid  
outrage  
uneasy  
unnerved  
unsettled  
upset

### **AVERSION**

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile

### **DISQUIET**

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil

### **CONFUSED**

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

### **DISCONNECTED**

aloof  
apathetic  
bored  
cold  
detached  
distanced  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn  
shutdown

### **EMBARRASSED**

ashamed  
chagrined  
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  
discourage  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

### **TENSE**

anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### **VULNERABLE**

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

### **YEARNING**

envious  
jealous  
longing  
nostalgic  
pining  
wistful