

The Ultimate List of All the Feelings out there!



The following are words we use when we want to express a combination of mental states and physical sensations. 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!

Part I: Feelings we may experience when our needs are being met

Affectionate

compassionate
caring
devoted
friendly
loving
openhearted
sympathetic
tender
warm

Confident

bold
capable
centered
eager
empowered
energetic
focused
grounded
hopeful
keen
open
optimistic
powerful
productive
proud
safe
secure
strong
sure
trusting

Engaged

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

Excited

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

Exhilarated

blissful
enthralled
radiant
rapturous
thrilled

Grateful

appreciative
moved
thankful
touched

Hopeful

expectant
encouraged
optimistic

Joyful

amused
cheerful
delighted
ecstatic
elated
excited
exuberant

glad

gleeful
happy
high
jubilant
pleased
tickled

Inspired

amazed
awed
wonder

Peaceful

calm
clearheaded
comfortable
centered
content
equanimity
fulfilled
mellow
pleased
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Refreshed

enlivened
rejuvenated
renewed
rested
restored
revived

Thankful

appreciative
grateful
gratified
indebted
obliged
relieved

Thoughtful

challenged
curious
illuminated
informed
interested
pensive
reflective

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Part II: Feelings we may experience when our needs are not being met

Afraid

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

Annoyed

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

Angry

angry
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

Aversion

animosity
appalled
contempt
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
withdrawn

Disquiet

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

Embarrassed

ashamed
chagrined
flustered
mortified
self-conscious

Fatigue

beat
burn 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
jittery
nervous
overwhelmed
restless
stressed out

Vulnerable

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Yearning

envious
jealous
longing
nostalgic
pining
wistful