

Feelings

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

<p>Peaceful</p> <p>tranquil calm content engrossed absorbed expansive serene loving blissful satisfied relaxed relieved quiet carefree composed fulfilled</p>	<p>Loving</p> <p>warm affectionate tender appreciative friendly sensitive compassionate grateful nurtured amorous trusting open thankful radiant adoring passionate</p>	<p>Glad</p> <p>happy excited hopeful joyful satisfied delighted encouraged grateful confident inspired touched proud exhilarated ecstatic optimistic glorious</p>	<p>Playful</p> <p>energetic effervescent invigorated zestful refreshed impish alive lively exuberant giddy adventurous mischievous jubilant goofy buoyant electrified</p>	<p>Interested</p> <p>involved inquisitive intense enriched absorbed alert aroused astonished concerned curious eager enthusiastic fascinated intrigued surprised helpful</p>
<p>Mad</p> <p>impatient pessimistic disgruntled frustrated irritable edg grouchy agitated exasperated disgusted irked cantankerous animosity bitter rancorous irate, furious angry hostile enraged violent</p>	<p>Sad</p> <p>lonely heavy troubled helpless gloomy overwhelmed distant despondent discouraged distressed dismayed disheartened despairing sorrowful unhappy depressed blue miserable dejected melancholy</p>	<p>Scared</p> <p>afraid fearful terrified startled nervous jittery horrified anxious worried anguished lonely insecure sensitive shocked apprehensive dread jealous desperate suspicious frightened</p>	<p>Tired</p> <p>exhausted fatigued inert lethargic indifferent weary overwhelmed fidgety helpless heavy sleepy disinterested reluctant passive dull bored listless blah mopey comatose</p>	<p>Confused</p> <p>frustrated perplexed hesitant troubled uncomfortable withdrawn apathetic embarrassed hurt uneasy irritated suspicious unsteady puzzled restless boggled chagrined unglued detached skeptical</p>