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# HOW DID THAT MAKE YOU FEEL?

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## HOPEFUL

expectant, encouraged,  
optimistic

## AFFECTIONATE

compassionate, friendly,  
loving, open hearted,  
sympathetic, tender, warm



## EXCITED

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

## CONFIDENT

empowered, open, proud,  
safe, secure



## PEACEFUL

calm, clear headed,  
comfortable, centered,  
content, fulfilled, mellow,  
quiet, relaxed, relieved,  
satisfied, serene, still,  
tranquil, trusting

## ENGAGED

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

## INSPIRED

amazed, awed, wonder



## GRATEFUL

appreciative, moved,  
thankful, touched

## JOYFUL

amused, delighted,  
glad, happy, jubilant,  
pleased, tickled

## REFRESHED

enlivened, rejuvenated,  
renewed, rested,  
restored, revived

## EXHILARATED

blissful, ecstatic,  
elated, enthralled,  
exuberant, radiant,  
rapturous, thrilled

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# HOW DID THAT MAKE YOU FEEL?

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## ANGRY

enraged, furious, incensed, indignant, irate, livid, outraged, resentful

## PAIN

agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful

## DISCONNECTED

alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

## SAD

depressed, dejected, despair, disappointed, discouraged, disheartened, forlorn, gloomy, heavy hearted, hopeless, melancholy

## ANNOYED

aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

## AVERSION

animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed



## AFRAID

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

## FATIGUE

burnt out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out

## TENSE

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

## DISQUIET

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

## EMBARRASSED

ashamed, chagrined, flustered, guilty, mortified, self-conscious



## CONFUSED

ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

## VULNERABLE

fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky

## YEARNING

envious, jealous, longing, nostalgic, pining, wistful

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# WHAT DO YOU NEED?

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## CONNECTION

acceptance, affection, appreciation, belonging, cooperation, communication, closeness, community, companionship, compassion, consideration, consistency, empathy, inclusion, intimacy, love, mutuality, nurturing, respect/self-respect, safety, security, stability, support, to know and be known, to see and be seen, to understand and be understood, trust, warmth

## AUTONOMY

choice, freedom, independence, space, spontaneity

## PLAY

joy, humour



## PHYSICAL WELL-BEING

appreciative, moved, thankful, touched

## HONESTY

authenticity, integrity, presence



## PEACE

beauty, communion, ease, equality, harmony, inspiration, order

## MEANING

awareness, celebration of life, challenge, clarity, competence, consciousness, contribution, creativity, discovery, efficacy, effectiveness, growth, hope, learning, mourning, participation, purpose, self-expression, stimulation, to matter, understanding

