

# ***FEELINGS: NEEDS ARE MET***

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**Affectionate**

**Comfortable**

**Content**

**Curious**

**Enthusiastic**

**Excited**

**Fascinated**

**Friendly**

**Grateful**

**Happy**

**Hopeful**

**Loving**

**Peaceful**

**Proud**

**Quiet**

**Relaxed**

**Relieved**

**Rested**

**Safe**

**Satisfied**

**Secure**

**Surprised**

# ***FEELINGS: NEEDS ARE NOT MET***

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**Afraid**  
**Agitated**  
**Angry**  
**Anxious**  
**Bored**  
**Confused**  
**Exhausted**  
**Frustrated**  
**Heartbroken**  
**Hopeless**  
**Hurt**

**Insecure**  
**Irritated**  
**Lonely**  
**Overwhelmed**  
**Pain**  
**Restless**  
**Sad**  
**Terrified**  
**Tired**  
**Uncomfortable**  
**Unhappy**