

# FEELINGS INVENTORY

(when needs are not satisfied)

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. 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.

## 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

Outraged

Resentful

## Aversion

Animosity

Disgusted

Horrificed

Appalled

Dislike

Hostile

Contempt

Hate

Repulsed

## Confused

Ambivalent

Dazed

Perplexed

Baffled

Hesitant

Puzzled

Bewildered

Lost

Torn

Mystified

## Disconnected

Alienated

Cold

Numb

Aloof

Detached

Removed

Apathetic

Distant

Uninterested

Bored

Distracted

Withdrawn

Indifferent

## Disquiet

Agitated	Rattled	Turmoil
Alarmed	Restless	Uncomfortable
Discombobulated	Shocked	Uneasy
Disconcerted	Startled	Unnerved
Disturbed	Surprised	Unsettled
Perturbed	Troubled	Upset
	Turbulent	

## Embarrassed

Ashamed	Flustered	Mortified
Chagrined	Guilty	Self-Conscious

## Fatigue

Beat	Exhausted	Tired
Burnt Out	Lethargic	Weary
Depleted	Listless	Worn Out
	Sleepy	

## Pain

Agony	Devastated	Miserable
Anguished	Grief	Regretful
Bereaved	Heartbroken	Remorseful
	Hurt	
	Lonely	

## Sad

Depressed	Discouraged	Hopeless
Dejected	Disheartened	Melancholy
Despondent	Forlorn	Unhappy
Disappointed	Gloomy	Wretched
	Heavy Hearted	

## Tense

Anxious	Edgy	Nervous
Cranky	Fidgety	Overwhelmed
Distressed	Frazzled	Restless
Distraught	Irritable	Stressed Out
	Jittery	

## Vulnerable

Fragile  
Guarded  
Helpless

Insecure  
Leery

Reserved  
Sensitive  
Shaky

## Yearning

Envious  
Jealous

Longing  
Nostalgic

Pining  
Wistful

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