

# FEELINGS INVENTORY

(when needs are 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.

## Affectionate

Compassionate

Friendly

Loving

Open Hearted

Sympathetic

Tender

Warm

## Engaged

Absorbed

Alert

Curious

Engrossed

Enchanted

Entranced

Fascinated

Interested

Intrigued

Involved

Spellbound

Stimulated

## Hopeful

Expectant

Encouraged

Optimistic

## Confident

Empowered

Open

Proud

Safe

Secure

## Excited

Amazed	Dazzled	Invigorated
Animated	Eager	Lively
Ardent	Energetic	Passionate
Aroused	Enthusiastic	Surprised
Astonished	Giddy	Vibrant

## Grateful

Appreciative	Moved	Touched
	Thankful	

## Inspired

Amazed	Awed	Wonder
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## Joyful

Amused	Glad	Pleased
Delighted	Happy	Tickled
	Jubilant	

## Exhilarated

Blissful	Enthralled	Radiant
Ecstatic	Exuberant	Rapturous
Elated		Thrilled

## Peaceful

Calm	Equanimous	Satisfied
Clear Headed	Fulfilled	Serene
Comfortable	Mellow	Still
Centered	Quiet	Tranquil
Content	Relaxed	Trusting
	Relieved	

## Refreshed

Enlivened	Renewed	Restored
Rejuvenated	Rested	Revived

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