

# Feelings we might have when our needs are being met:

First draft by Linda K. Williams 2-4-09 \* = Revisions by 6th graders at Lindbergh/ Schweitzer Elem.:

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Please see the 2-p. version for who added which words!

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## Happy

animated

contented

enchanted

blissful

cooperative

enthralled

bright

creative

enthusiastic

buoyant

delighted

excited

cheerful

ecstatic

exhilarated

cheery

elated

exuberant

exultant  
festive  
free & easy  
friendly  
frisky  
genial  
glad  
gleeful  
goofy  
high-spirited  
hilarious

honored  
hopeful  
hyper  
inspired  
jolly  
jovial  
joyful  
joyous  
jubilant  
light-hearted  
lively

marvelous  
merry  
mirthful  
optimistic  
peaceful  
playful  
pleased  
proud  
radiant  
rapturous  
relieved

## Calm

silly  
sparkling  
spirited  
thrilled  
tickled pink  
vivacious

at ease  
comfortable  
complacent  
"chillin'"  
lazy  
peaceful  
refreshed  
relaxed  
restful  
satisfied

secure  
serene  
tender  
tranquil  
unstressed

## Interested

absorbed  
affected  
concerned  
curious  
engaged  
engrossed  
excited  
fascinated  
inquisitive  
inquiring  
inspired  
intrigued

## Brave

audacious  
bold  
certain  
confident  
courageous  
daring  
dauntless  
decisive  
determined  
empowered  
encouraged  
enterprising

fearless  
heroic  
independent  
resolute  
self-reliant  
spirited

## Eager

alive

anxious

ardent

avid

earnest

energetic

enthusiastic

impatient

intent

keen

refreshed

zealous

## Thankful

appreciative

grateful

# Our needs may or may not be being met in these cases:

Compassionate  
Empathetic

Ambivalent  
conflicted  
indecisive  
mixed up  
torn

Surprised  
amazed  
flabbergasted  
impressed  
incredulous  
shocked  
stunned

Emotional  
choked up  
moved  
ETC.  
bored  
mischievous  
shy  
weird

# Feelings we might have when our needs are *not* being met:

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## Angry

*(NOTE: feeling sad, hurt, and/or scared  
can be at the root of our anger)*

aggressive	cranky	fuming
annoyed	cross	furiosus
belligerent	enraged	grumpy
bitter	exasperated	impatient
boiling	explosive	in a huff
bugged	frustrated	in a stew

incensed  
indignant  
inflamed  
infuriated  
irate  
irritated  
mad

offended  
provoked  
resentful  
sulky  
sullen  
ticked-off  
ungrateful

up in arms  
upset  
vengeful  
worked up  
wrathful  
wrought up



# Sad

apologetic

blue

bored

broken

bummed

cheerless

choked up

crestfallen

crushed

deflated

dejected

depressed

despondent

disappointed

disconsolate

discontented

discouraged

disheartened

dismal

dismayed

distant

downcast

downhearted

dreadful

dreary

dull

empty

flat

gloomy

glum

grief-stricken

grieving

heartbroken

heavy-hearted

hopeless

ill at ease

in a slump  
in the dumps  
insecure  
joyless  
lonely  
low spirited  
low  
melancholy  
moody

moping  
mournful  
oppressed  
overwhelmed  
out of sorts  
pessimistic  
solemn  
somber  
sorrowful

spiritless  
sulky  
sullen  
uncomfortable  
unhappy  
upset  
weary  
withdrawn  
woeful

# Hurt

ashamed

aching

afflicted

agonized

crushed

disappointed

distressed

grieved

heartbroken

in pain

in despair

injured

lonely

mournful

offended

pathetic

piteous

rueful

sad

suffering

tortured

tragic

upset

victimized

woeful

## Scared

afraid

aghast

alarmed

anxious

appalled

apprehensive

awed

cautious

chicken

concerned

cowardly

dismayed

doubtful

fainthearted

fearful

fidgety

freaked-out

freaky

frightened

hesitant

horrified

hysterical

in fear

insecure

irresolute

menaced

misgiving

panicked

panicky

petrified  
yellow  
preoccupied  
quaking  
shaky  
shocked  
shy  
suspicious  
taken aback  
tense

terrified  
threatened  
timid  
trembling  
tremulous  
upset

Worried  
concerned  
over-protective  
protective  
troubled  
nervous  
uneasy  
upset  
uptight

## Jealous

envious

## Guilty

apologetic

guilt-ridden

penitent

regretful

sorry

## Doubtful

befuddled

bewildered

cautious

confused

distrustful

dubious

hesitant

incredulous

indecisive

perplexed

puzzled

questioning

skeptical

suspicious

unbelieving

uncertain

unsure

wavering