

# 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.: Alexandra T., Angel V., Aurora H., Brenda O., Chanel E., Chanel M., Denise C., Jason S., Mitzi C., Sergio S., Tre=Von S., Zayne M. 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	honored	marvelous
festive	hopeful	merry
free & easy	hyper	mirthful
friendly	inspired	optimistic
frisky	jolly	peaceful
genial	joyful	playful
glad	joyous	pleased
gleeful	jubilant	proud
goofy	light-hearted	radiant
high-spirited	lively	rapturous
hilarious		relieved

## Calm

silly	at ease	secure
sparkling	comfortable	serene
spirited	complacent	tender
thrilled	"chillin'"	tranquil
tickled pink	lazy	unstressed
vivacious	peaceful	
	refreshed	
	relaxed	
	restful	
	satisfied	

## 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

furious

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