

## Universal Human Feelings List

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. There are two parts to this list: feelings we may have when our needs **are** being met and feelings we may have when our needs are **not** being met.

### Feelings When Our Needs ARE Being Met

<p><b>AFFECTIONATE</b>            compassionate            friendly            loving            open hearted            sympathetic            tender            warm</p> <p><b>ENGAGED</b>            absorbed            alert            curious            engrossed            enchanted            entranced            fascinated            interested            intrigued            involved            spellbound            stimulated</p> <p><b>HOPEFUL</b>            expectant            encouraged            optimistic</p>	<p><b>CONFIDENT</b>            empowered            open            proud            safe            secure</p> <p><b>EXCITED</b>            amazed            animated            ardent            aroused            astonished            dazzled            eager            energetic            enthusiastic            giddy            invigorated            lively            passionate            surprised            vibrant</p>	<p><b>GRATEFUL</b>            appreciative            moved            thankful            touched</p> <p><b>INSPIRED</b>            amazed            awed            wonder</p> <p><b>JOYFUL</b>            amused            delighted            glad            happy            jubilant            pleased            tickled</p> <p><b>EXHILARATED</b>            blissful            ecstatic            elated            enthralled            exuberant            radiant            rapturous            thrilled</p>	<p><b>PEACEFUL</b>            calm            clear headed            comfortable            centered            content            equanimous            fulfilled            mellow            quiet            relaxed            relieved            satisfied            serene            still            tranquil            trusting</p> <p><b>REFRESHED</b>            enlivened            rejuvenated            renewed            rested            restored            revived</p>
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