Feelings Inventory



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 your needs are satisfied

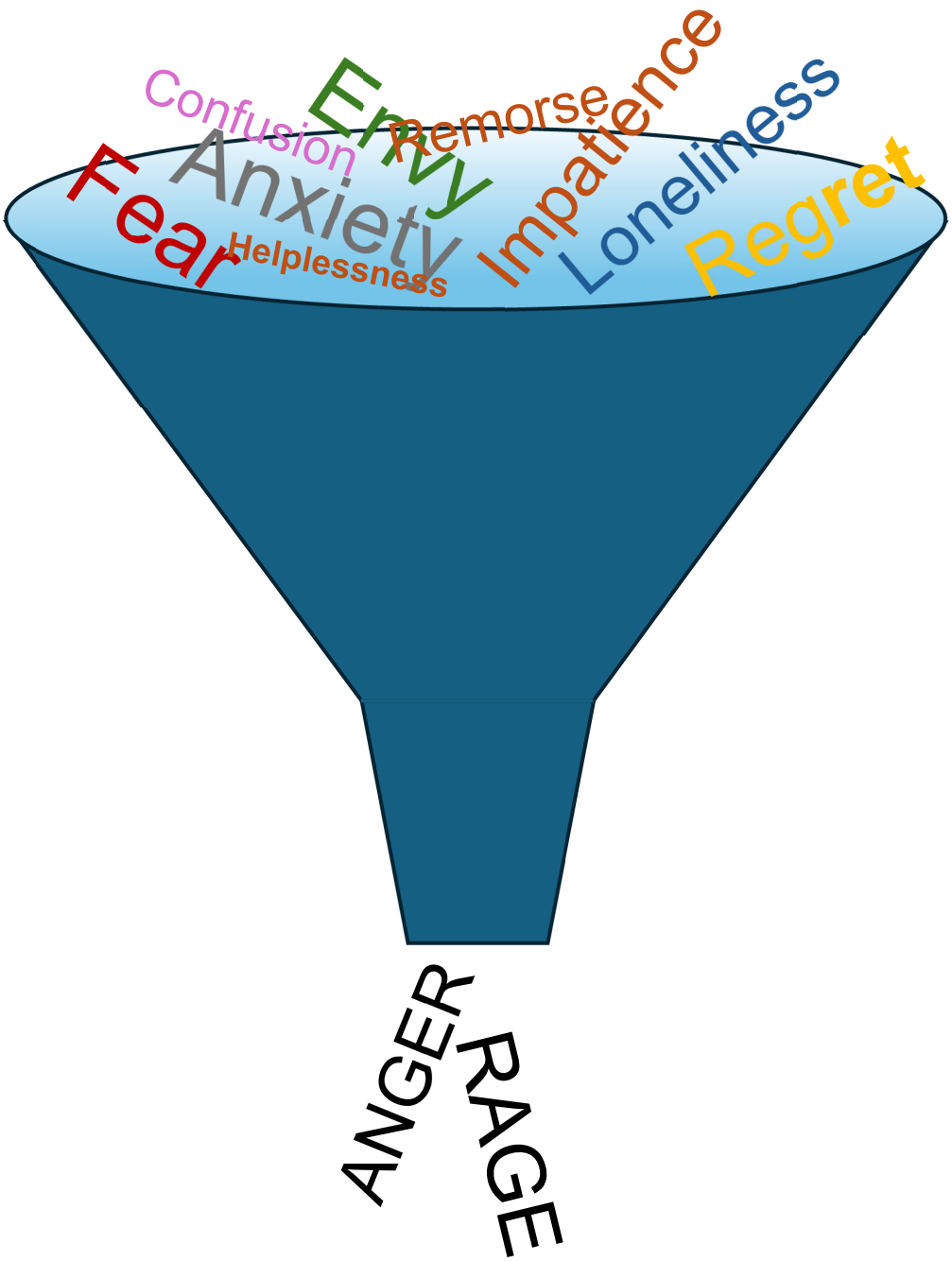
AFFECTIONATE	**CONFIDENT**	**GRATEFUL**	**PEACEFUL**
compassionate	empowered	appreciative	calm
friendly	open	moved	clear headed
loving	proud	thankful	comfortable
open hearted	safe	touched	centered
sympathetic	secure		content
tender warm		**INSPIRED**	equanimous fulfilled
	EXCITED	amazed	mellow
ENGAGED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

Feelings when your needs are not satisfied

AFRAID	**CONFUSED**	**EMBARRASSED**	**TENSE**
apprehensive	ambivalent	ashamed	anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	guilty	distraught
mistrustful	hesitant	mortified	edgy
panicked	lost	self-conscious	fidgety
petrified	mystified		frazzled
scared	perplexed		irritable
suspicious	puzzled	**FATIGUE**	jittery
terrified	torn	beat	nervous
wary		burnt out	overwhelmed
worried	**DISCONNECTED**	depleted	restless
	alienated	exhausted	stressed out
	aloof	lethargic	
ANNOYED	apathetic	listless	
aggravated	bored	sleepy	**VULNERABLE**
dismayed	cold	tired	fragile
disgruntled	detached	weary	guarded
displeased	distant	worn out	helpless
exasperated	distracted		insecure
frustrated	indifferent	**PAIN**	reserved
impatient	numb	Agony	sensitive
irritated	removed	anguished	shaky
irked	uninterested	bereaved	
	withdrawn	devastated	**YEARNING**
ANGRY		grief	envious
enraged	**DISQUIET**	heartbroken	jealous
furious	agitated	hurt	longing
incensed	alarmed	lonely	nostalgic
indignant	discombobulated	miserable	pining
irate	disconcerted	regretful	wistful
livid	disturbed	remorseful	
outraged	perturbed		
resentful	rattled	**SAD**	
	restless	depressed	
AVERSION	shocked	dejected	
animosity	startled	despair	
appalled	surprised	despondent	
contempt	troubled	disappointed	
disgusted	turbulent	discouraged	
dislike	turmoil	disheartened	
hate	uncomfortable	forlorn	
horrified	uneasy	gloomy	
hostile	unnerved	heavy hearted	
repulsed	unsettled	hopeless	
	upset	melancholy	
		unhappy	
		wretched	

FUNNELING EMOTIONS

When people, particularly men, struggle to cope with their emotions, they often resort to expressing their feelings through anger or rage.



The funneling of emotions into anger or rage is a complex issue influenced by various factors including emotional suppression, defense mechanisms, societal expectations, and mental health. Recognizing this pattern and taking proactive steps towards emotional health is crucial for individuals and society as a whole. It's about promoting emotional intelligence, breaking down harmful gender stereotypes, and encouraging open dialogue about feelings and mental health.