

## Feelings when your needs are not satisfied

### ANGER

rage  
fury  
incensed  
indignant  
irate  
livid  
outrage  
resentfulness

### ANNOYED

aggravation  
dismay  
disgruntled  
displeasure  
exasperation  
frustration  
impatience  
irritation  
irked

### AVERSION

animosity  
contempt  
disgust  
dislike  
hate  
horror  
hostility  
repulsion

### AFRAID

apprehensive  
caution  
dread  
foreboding  
fright  
mistrust  
panicky  
petrified  
scared  
suspicion  
terror  
wary  
worry

### CONFUSED

ambivalence  
baffled  
bewilderment  
curious  
dazed  
hesitancy  
lost  
mystified  
perplexed  
puzzled  
torn

### TENSE

anxiety  
constriction  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### DISQUIETED

agitation  
alarm  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shock  
startled  
surprise  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### EMBARRASSED

ashamed  
chagrined  
flustered  
guilt  
mortified

### self-conscious

DISCONNECTED  
aloof  
apathetic  
blah  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
unfeeling  
uninterested  
withdrawn

### PAINED

agony  
anguish  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

### SAD

blah  
depressed  
dejected  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

### FATIGUED

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
worn out

### VULNERABLE

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

### YEARNING

envy  
jealousy  
longing  
nostalgic  
pining  
wistful

*Compassion.org.uk*

*C. Nunamaker, rose@compassion.org.uk*

*This list is adapted from the list on www.cnvc.org*