

# *Feelings when your needs are satisfied*

## **AFFECTIONATE**

compassionate  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

## **ENGAGED**

absorbed  
alert  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

## **HOPEFUL**

expectant  
encouraged  
optimistic

## **CONFIDENT**

empowered  
open  
proud  
safe  
secure

## **EXCITED**

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

## **GRATEFUL**

appreciative  
moved  
thankful  
touched

## **INSPIRED**

amazed  
awed  
wonder

## **JOYFUL**

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

## **EXHILARATED**

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

## **PEACEFUL**

calm  
clear headed  
comfortable  
centered  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

## **REFRESHED**

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived