

List of Human Emotions – When Our Needs ARE Met

Primary	Secondary
Peaceful	tranquil, calm, content, serene, loving, fulfilled, satisfied, relaxed, relieved, quiet, carefree
Loving	warm, affectionate, tender, appreciative, friendly, sensitive, compassion, grateful, trusting, open, thankful, passionate
Glad	happy, excited, hopeful, joyful, satisfied, delighted, grateful, confident, inspired, touched, proud, exhilarated
Interested	inquisitive, enriched, alert, aroused, astonished, concerned, curious, eager, enthusiastic, fascinated, intrigued, surprised
Playful	energetic, invigorated, refreshed, impish, alive, lively, exuberant, giddy, adventurous, mischievous, goofy, buoyant
Joy	cheerfulness, zest, contentment, pride, optimism, enthrallment, relief, amusement, bliss, glee, joviality, delight, enjoyment, gladness, happiness, jubilation, elation, satisfaction, ecstasy, euphoria, enthusiasm, excitement.
Surprise	amazement, astonishment

List of Human Emotion – When Our Needs Are NOT Met

Primary	Secondary
Anger	impatient, irritated, frustrated, grouchy, agitated, exasperated, disgusted, animosity, bitter, rancorous, irate, furious, angry, hostile, enraged
Sadness	lonely, hurt, hurting, unhappy, gloomy, overwhelmed, distant, discouraged, distressed, dismayed, disheartened, despairing, sorrowful, depressed, blue, miserable
Fear	afraid, startled, frightened, insecure, anguished, sensitive, shocked, jealous, terrified, horrified, desperate, horror, alarm, shock, panic
Anxiety	worry, insecurity, tense, uneasy, apprehensive, distress, dread
Tired	exhausted, fatigued, lethargic, indifferent, weary, overwhelmed, fidgety, sleepy, disinterested, reluctant, bored, dull, blah, mopey, heavy
Confused	perplexed, hesitant, troubled, uncomfortable, withdrawn, apathetic, detached, embarrassed, helpless, uneasy, suspicious, puzzled, unsteady, restless, skeptical