

LebenWell Behavioral Health Coaching, LLC

When Needs Are Not Being Met	When Needs Are Being Met
<p>Hostile Animosity, antagonistic, appalled, aversion, cold, contempt, disgusted, dislike, disdain, hate, horrified, repulsed, scorn, surly, vengeful, vindictive</p>	<p>Exhilarated Ecstatic, elated, enthralled, exuberant, giddy, silly, slaphappy</p>
<p>Angry Enraged, furious, incensed, indignant, irate, livid, mad, outraged, resentful, ticked off</p>	<p>Excited Alive, amazed, animated, eager, energetic, enthusiastic, invigorated, lively, passionate</p>
<p>Annoyed Aggravated, bitter, cranky, cross, dismayed, disgruntled, displeased, exasperated, frustrated, grouchy, impatient, irked, irritated, miffed, peeved, resentful, sullen, uptight</p>	<p>Inspired Amazed, astonished, awed, dazzled, radiant, rapturous, surprised, thrilled, uplifted, wonder</p>
<p>Upset Agitated, alarmed, discombobulated, disconcerted, disturbed, disquieted, perturbed, rattled, restless, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled</p>	<p>Joyful Amused, buoyant, delighted, elated, ecstatic, glad, gleeful, happy, jubilant, merry, mirthful, overjoyed, pleased, radiant, tickled</p>
<p>Tense Antsy, anxious, bitter, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, pressured, restless, stressed out, uneasy</p>	<p>Relaxed At ease, carefree, comfortable, open</p>
<p>Afraid Apprehensive, concerned, dread, fearful, foreboding, frightened, hesitant, mistrustful, panicked, petrified, scared, suspicious, terrified, timid, trepidation, unnerved, wary, worried, reserved, sensitive, shaky, unsteady</p>	<p>Curious Adventurous, alert, interested, intrigued, inquisitive, fascinated, spellbound, stimulated</p>
<p>Vulnerable Cautious, fragile, guarded, helpless, insecure, helpless, leery, reluctant</p>	<p>Confident Empowered, proud, safe, secure, self-assured</p>
<p>Confused Ambivalent, baffled, bewildered, dazed, flustered, hesitant, lost, mystified, perplexed, puzzled, skeptical, torn</p>	<p>Engaged Absorbed, alert, ardent, curious, engrossed, enchanted, entranced, involved</p>
<p>Embarrassed Ashamed, chagrined, contrite, guilty, disgraced, humiliated, mortified, remorse, regretful, self-conscious</p>	<p>Hopeful Expectant, encouraged, optimistic</p>
<p>Longing Envious, jealous, nostalgic, pining, wistful, yearning</p>	<p>Grateful Appreciative, moved, thankful, touched</p>
<p>Tired Beat, burned out, depleted, exhausted, fatigued, lethargic, listless, sleepy, weary, worn out</p>	<p>Refreshed Enlivened, rejuvenated, renewed, rested, restored, revived, energetic</p>
<p>Disconnected Alienated, aloof, apathetic, bored, cold, detached, disengaged, disinterested, distant, distracted, indifferent, lethargic, listless, lonely, numb, removed, uninterested, withdrawn</p>	<p>Affectionate Closeness, compassionate, friendly, loving, openhearted, sympathetic, tender, trusting, warm</p>
<p>Sad Blue, depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, downcast, downhearted, forlorn, gloomy, grief, heavy-hearted, hopeless, melancholy, sorrow, unhappy</p>	<p>Peaceful Blissful, calm, centered, clear-headed, mellow, quiet, serene, tranquil</p>
<p>Shocked Appalled, disbelief, dismay, horrified, mystified, startled, surprised</p>	<p>Relieved Complacent, composed, cool, trusting</p>
<p>Pain Agony, anguished, bereaved, devastated, heartbroken, hurt, miserable, wretched</p>	<p>Content Glad, cheerful, fulfilled, satisfied</p>