

## Feelings when your needs are satisfied

### JOY

amusement  
delight  
glad  
happy  
jubilant  
pleasure  
tickled

### EXCITEMENT

amazement  
animated  
ardent  
aroused  
astonishment  
dazzled  
eager  
energizes  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprise  
vibrant

### EXHILARATION

blissful  
ecstatic  
elation  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

### ENGAGEMENT

absorbed  
alert  
curious  
engrossed  
enchantment  
entranced  
fascination  
interest  
intrigued  
involved  
spellbound  
stimulated

### REFRESHED

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

### HOPE

expectant  
encouragement  
optimistic

### CONFIDENT

empowered  
open  
proud  
safe  
secure

### INSPIRATION

amazement  
awe  
wonder

### PEACEFUL

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

### AFFECTIONATE

compassionate  
friendly  
loving  
open-hearted  
sympathetic  
tender  
warm

### GRATEFUL

appreciative  
moved  
thankful  
touched

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