

Emotions When Needs are Met

(Condensed list based on Rosenberg, 2004)



- active
- adventurous
- affectionate
- alert
- amazed
- amused
- animated
- appreciative
- assertive
- assured
- astonished
- attentive
- awe-struck
- balanced
- benevolent
- blissful
- bold
- brave
- bright
- buoyant
- calm
- captivated
- carefree
- centred
- certain
- cheered up
- cheerful
- cheering
- clear
- close
- collected
- comfortable
- compassionate
- composed
- confident
- contemplative
- content
- comforted
- creative
- curious
- decisive
- delighted
- determined
- driven

- dynamic
- eager
- easygoing
- ecstatic
- easy-going
- electrified
- enchanted
- encouraged
- engaged
- energetic
- enraptured
- enriches
- enthusiastic
- excited
- fascinated
- firm
- focused
- free
- friendly
- full
- full of love
- fulfilled
- funny
- gentle
- glad
- grateful
- grounded
- happy
- harmonious
- helpful
- high-spirited
- hopeful
- in awe
- in love
- inspired
- interested
- intoxicated
- invigorated
- involved
- joyful
- joyous
- keen
- liberated
- light

- lighthearted
- lively
- loving
- motivated
- moved
- open-hearted
- open-minded
- optimistic
- overjoyed
- passionate
- peaceful
- pleasant
- powerful
- protected
- proud
- quiet
- radiant
- refreshed
- relaxed
- relieved
- rested
- satisfied
- secure
- self-assured
- sensitive
- sharp
- soothes
- sober
- steady
- stimulated
- strong
- sunny
- sympathetic
- tender
- tenderly
- touched
- trusting
- untroubled
- upbeat
- uplifting
- vibrant
- vital
- vivacious
- warm-hearted