

Emotions When Needs are Unmet

(Condensed list based on Rosenberg, 2004)



- abandoned
- affected
- agitated
- alarmed
- alienated
- alone
- ambivalent
- angry
- angry
- anxious
- apathic
- apprehensive
- ashamed
- bad
- beside myself
- betrayed
- bitter
- bored
- cold
- combative
- confused
- defeated
- dejected
- depressed
- desperate
- despondent
- devalued
- disappointed
- disarmed
- discouraged
- disgusted
- disillusioned
- dismayed
- dissatisfied
- distrustful
- disturbed
- dull
- embarrassed
- encouraged
- exhausted
- excited
- faint
- fearful
- fidgety
- fragile

- frightened
- frozen
- frustrated
- grumpy
- guilty
- heartsick
- helpless
- hesitant
- hopeless
- horrified
- humiliated
- hurt
- impatient
- incredulous
- indifferent
- inferior
- inhibited
- insecure
- irritated
- irritable
- jealous
- jittery
- limp
- listless
- lonely
- longing
- lost
- melancholic
- miserable
- mortified
- moved
- nervous
- numb
- offended
- out of sorts
- outraged
- overwhelmed
- painful
- panicked
- paralysed
- passive
- penniless
- perplexed
- pessimistic
- petrified

- powerless
- puzzled
- regretful
- rejected
- remorseful
- resentful
- reserved
- restless
- sad
- saddened
- sceptical
- secretive
- shaken
- shattered
- shocked
- shy
- sleepy
- sluggish
- sobered
- speechless
- starved
- stiff
- stressed
- stuck
- stunned
- sullen
- surprised
- suspicious
- tense
- timid
- tired
- torn
- trembling
- unappreciated
- undecided
- uneasy
- unhappy
- unsettled
- unwanted
- unworthy
- vulnerable
- wavering
- weak
- weary
- worried