

Hexcode

X How we interpret others (don't use for expressing feelings):

abandoned	co-opted	misunderstood	taken for granted
abused	cornered	neglected	threatened
attacked	diminished	overworked	unappreciated
betrayed	distrusted	patronized	unheard
boxed-in	interrupted	pressured	unseen
bullied	intimidated	provoked	unsupported
cheated	let down	put down	unwanted
coerced	manipulated	rejected	used

✓ How we feel (a specific way for expressing feelings):

A. How we are likely to feel when our needs are being met

absorbed	delighted	gratified	proud
adventurous	eager	happy	quiet
affectionate	ebullient	helpful	radiant
alert	ecstatic	hopeful	rapturous
alive	effervescent	inquisitive	refreshed
amazed	elated	inspired	relaxed
amused	enchanted	intense	relieved
animated	encouraged	interested	satisfied
appreciative	energetic	intrigued	secure
ardent	engrossed	invigorated	sensitive
aroused	enlivened	involved	serene
astonished	enthusiastic	joyous	spellbound
blissful	excited	joyful	splendid
breathless	exhilarated	jubilant	stimulated
buoyant	expansive	keyed-up	surprised
calm	expectant	loving	tender
carefree	exultant	mellow	thankful
cheerful	fascinated	merry	thrilled
comfortable	free	mirthful	touched
complacent	friendly	moved	tranquil
composed	fulfilled	optimistic	trusting
concerned	glad	overjoyed	upbeat
confident	gleeful	overwhelmed	warm
contented	glorious	peaceful	wide-awake
cool	glowing	perky	wonderful
curious	good-humored	pleasant	zestful
dazzled	grateful	pleased	

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B. How we are likely to feel when our needs are not being met:

afraid	disgruntled	indifferent	shaky
aggravated	disgusted	intense	shocked
agitated	disheartened	irate	skeptical
alarmed	dismayed	irked	sleepy
aloof	displeased	irritated	sorrowful
angry	disquieted	jealous	sorry
anguished	distressed	jittery	spiritless
annoyed	disturbed	keyed-up	startled
anxious	downcast	lazy	surprised
apathetic	downhearted	leery	suspicious
apprehensive	dull	lethargic	tepid
aroused	edgy	listless	terrified
ashamed	embarrassed	lonely	tired
beat	embittered	mad	troubled
bewildered	exasperated	mean	uncomfortable
bitter	exhausted	miserable	unconcerned
blah	fatigued	mopey	uneasy
blue	fearful	morose	unglued
bored	fidgety	mournful	unhappy
brokenhearted	forlorn	nervous	unnerved
chagrined	frightened	nettled	unsteady
cold	frustrated	numb	upset
concerned	furious	overwhelmed	uptight
confused	gloomy	panic	vexed
cool	guilty	passive	weary
cross	harried	perplexed	wistful
dejected	heavy	pessimistic	withdrawn
depressed	helpless	puzzled	woeful
despairing	hesitant	rancorous	worried
despondent	horrible	reluctant	wretched
detached	horrified	repelled	
disaffected	hostile	resentful	
disappointed	hot	restless	
discouraged	humdrum	sad	
disenchanted	hurt	scared	
	impatient	sensitive	