**EMOTIONS WHEN OUR NEEDS ARE NOT SATISFIED**

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| --- |
| **Abandoned** |
| **Against the wall** |
| **Alarmed** |
| **Altered** |
| **Angry** |
| **Annoyed** |
| **Anxious** |
| **Ashamed** |
| **Asleep** |
| **Battered** |
| **Beaten down** |
| **Betrayed** |
| **Bored** |
| **Bullied** |
| **Burdened** |
| **Captive** |
| **Cautious** |
| **Challenged** |
| **Cheated** |
| **Choking** |
| **Condemned** |
| **Confused** |
| **Controlled** |
| **Cornered** |
| **Crushed** |
| **Dead** |
| **Depressed** |
| **Derailed** |
| **Desperate** |
| **Disabled** |
| **Disappointed** |
| **Disarmed** |
| **Discouraged** |
| **Discriminated** |
| **Disenchanted** |
| **Disgusted** |
| **Disillusioned** |
| **Disinterested** |
| **Dismayed** |
| **Disordered** |
| **Disoriented** |
| **Disqualified** |
| **Disregarded** |
| **Distanced** |
| **Distracted** |
| **Distressed** |
| **Disturbed** |
| **Dizzy** |
| **Dopy** |
| **Downhearted** |
| **Drowning** |
| **Ecstatic** |
| **Embarrassed** |
| **Estranged/Alienated** |
| **Evil/Malicious** |
| **Exhausted** |
| **Extravagant** |
| **Failed** |
| **Fatigued** |
| **Fearful** |
| **Feverish** |
| **Flabbergasted** |
| **Frustrated** |
| **Furious** |
| **Grumpy** |
| **Guilty** |
| **Harassed** |
| **Hateful** |
| **Held back** |
| **Helpless** |
| **Hopeless** |
| **Horrified** |
| **Hostile** |
| **Hot** |
| **Humiliated** |
| **Hurried** |
| **Hurt** |
| **Hysterical** |
| **Imprisoned** |
| **Impulsive** |
| **In pain** |
| **Incompetent** |
| **Indisposed** |
| **Inept** |
| **Insecure** |
| **Intimidated** |
| **Irritated** |
| **Jealous** |
| **Lonely** |
| **Lost** |
| **Malnourished** |
| **Miserable** |
| **Misplaced** |
| **Misunderstood** |
| **Mortified** |
| **Motionless** |
| **Negative** |
| **Neglected** |
| **Nervous** |
| **Numb** |
| **Off** |
| **Offended** |
| **Overburdened** |
| **Overwhelmed** |
| **Pained** |
| **Perplexed** |
| **Pessimistic** |
| **Pissed off** |
| **Pointed out** |
| **Pressured** |
| **Rabid** |
| **Rebellious** |
| **Rejected** |
| **Remorseful** |
| **Resentful** |
| **Resigned** |
| **Restrained** |
| **Restricted** |
| **Ridiculed** |
| **Ruined** |
| **Sad** |
| **Scared** |
| **Scary** |
| **Self-conscious** |
| **Shattered** |
| **Shocked** |
| **Shy** |
| **Sick** |
| **Sleepy** |
| **Sorrowful** |
| **Stiff** |
| **Stressed** |
| **Stuck** |
| **Stunned** |
| **Stupefied** |
| **Stupid** |
| **Suffocated** |
| **Surprised** |
| **Suspicious** |
| **Tense** |
| **Terrible** |
| **Terrified** |
| **Thoughtful** |
| **Threatened** |
| **Tired** |
| **Tired/Exhausted** |
| **Tormented** |
| **Torn** |
| **Trapped** |
| **Troubled** |
| **Unable** |
| **Uncomfortable** |
| **Uneasy** |
| **Unhappy** |
| **Unkempt** |
| **Unlucky** |
| **Unoccupied** |
| **Unsatisfied** |
| **Upset** |
| **Useless** |
| **Weak** |
| **Weird** |
| **Withdrawn** |
| **Worn down** |
| **Worried** |