



# Frustrated



Feelings are words that describe our emotional states or physical sensations. Feelings arise because a universal human need is met or not met. Feelings help us figure out what we need so we can act to get our needs met.



# Touched



Feelings are words that describe our emotional states or physical sensations. Feelings arise because a universal human need is met or not met. Feelings help us figure out what we need so we can act to get our needs met.



# Troubled



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# Sad



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# Lonely



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# Discouraged



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# Hurt



Feelings are words that describe our emotional states or physical sensations.



# Furious



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# Upset



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# Bored



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# Disappointed



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# Nervous



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# Panicky



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# Restless



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# Scared



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# Angry



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# Confused



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# Afraid



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# Tired



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# Concerned



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# Cautious



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# Numb



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# Surprised



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# Relaxed



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# Peaceful



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# Joyful



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# Moved



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# Grateful



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# Glad



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# Excited



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# Ecstatic



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# Amazed



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# Relieved



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# Curious



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# Confident



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# Calm



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# Amused



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# Peaceful



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# Content



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# Energetic



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# Proud



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# Hopeful



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# Open



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# Empowered



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# Secure



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# Alert



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# Happy



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# Centered



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