



Feelings related to needs being met:

AFFECTIONATE compassionate fond loving openhearted tender warm	EXCITED amazed animated aroused astonished dazzled eager energetic enlivened enthusiastic exuberant giddy invigorated lively passionate surprised vibrant	EXHILARATED blissful ecstatic elated electrified enthralled euphoric overjoyed radiant thrilled	HAPPY (continued) ecstatic elated giddy glad jolly joyful jubilant merry overjoyed pleased rapturous tickled	upbeat INSPIRED amazed awed eager enthused motivated moved psyched stimulated stirred wonder	PEACEFUL (continued) quiet relaxed relieved satisfied serene still tranquil
ENGAGED absorbed curious enchanted engrossed enthralled entranced fascinated interested intrigued involved open spellbound stimulated		GRATEFUL appreciative moved thankful touched	HOPEFUL confident expectant jazzed lighthearted optimistic sanguine	PEACEFUL calm centered comfortable content equanimity fulfilled mellow open	REFRESHED enlivened recharged rejuvenated renewed rested restored revived

Feelings related to needs being unmet:

ANGER angry animosity contempt enraged furious hate hostile incensed indignant irate livid miffed nettled outraged peevied resentful	AVERSION (continued) appalled bothered contempt disgusted dislike displeased horrorified loathing repulsion revulsion	DISCONNECTED (continued) detached distant distracted indifferent listless numb withdrawn	EMBARRASSMENT ashamed chagrined discomfited flustered mortified self-conscious	FEAR (continued) mistrustful panicked petrified scared shaky terrified trepidation wary worried	SADNESS (continued) forlorn gloomy heavy hearted hopeless melancholy miserable unhappy wistful wretched
ANNOYED aggravated annoyed disgruntled dismayed displeased exasperated frustrated impatient irked irritated	CONFUSION ambivalent baffled bewildered conflicted dazed discombobulated disoriented hesitant mixed mystified perplexed puzzled torn	DISQUIET alarmed concerned disconcerted dismayed distraught disturbed frustrated perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset	FATIGUE beat burnt out depleted exhausted lethargic listless pooped sleepy tired weary wiped out worn out	PAIN aching agony anguished devastated grief heartbroken hungry hurt lonely miserable regretful remorseful	TENSION anxious closed distressed edgy fidgety frazzled frustrated irritable jittery nervous overwhelmed restless stressed out
AVERSION abhorrence animosity	DISCONNECTED aloof apathetic bored closed		FEAR afraid anxious apprehensive dread fearful foreboding frightened guarded insecure leery	SADNESS dejected depressed despairing despondent disappointed discouraged disheartened	YEARNING longing nostalgic pining

Things we all want in our lives:

AUTONOMY

choice
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION

acceptance
affection
appreciation
authenticity
belonging
care
closeness
communication
communion
community
companionship
compassion
consideration
empathy
friendship
inclusion
inspiration
integrity
intimacy
love
mutuality
nurturing
partnership
presence
respect/self-respect
security
self-acceptance
self-care
self-connection
self-expression
shared reality
stability
support
to know and be known

CONNECTION (continued)

to see and be seen
trust
understanding
warmth

MEANING

awareness
celebration
challenge
clarity
closure/completeness
competence
consciousness
contribution
creativity
discovery
effectiveness
efficiency
growth
integration
integrity
learning
mourning
movement
participation
perspective
presence
progress
purpose
self-expression
stimulation
understanding

PEACE

acceptance
balance
beauty
communion
ease
equanimity
faith
focus
harmony

PEACE (continued)

hope
inspiration
order
peace-of-mind
space

PHYSICAL WELL-BEING

air
care
comfort
food
movement/exercise
rest/sleep
safety
self-care
sexual expression
shelter
touch
water

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation