

FEELINGS

Feelings we may experience when things are going the way we want (**needs are met**)

Affectionate

compassionate
friendly
loving
open-hearted
sympathetic
tender
warm

Confident

empowered
open
proud
safe
secure

Engaged

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

Excited

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

Exhilarated

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

Grateful

appreciative
moved
thankful
touched
pleased

Hopeful

expectant
encouraged
optimistic

Joyful

amused
delighted
glad
happy
jubilant
pleased
tickled

Inspired

amazed
awed
wonder

Peaceful

calm
clear-headed
comfortable
centered
content
equanimity
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Refreshed

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings we may experience when things are **not** going as we want (**needs are unmet**)

Afraid

Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petriified
Scared
Suspicious
Terrified
Wary
Worried

Annoyed

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
irked

Angry

Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

Aversion

Animosity
Appalled
Contempt
Disgusted
Dislike
Hate
Horriified
Hostile

Confused

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

Disconnected

Alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
withdrawn

Disquiet

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved

Embarrassed

ashamed
chagrined
flustered
guilty
mortified

Fatigue

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

Pain

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Sad

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy-hearted
hopeless

Tense

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

Vulnerable

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Yearning

envious
jealous
longing
nostalgic
pining
wistful

Needs List

Connection

Acceptance
Acknowledgement
Affection
Appreciation
Closeness
Compassion
Empathy
Inclusion
Intimacy
Love
Nurturing
Self-respect
To hear and be heard
To know and be known
To see and be seen
To understand and
 be understood
Trust
Warmth

Interconnectedness

Belonging
Communication
Community
Cooperation
Companionship
Consideration
Consistency
Information
Mutuality
Respect
Reliability
Safety
Security
Stability (financial, emotional)
Friendship/Relationship

Peace

Beauty
Comfort
Ease
Harmony
Inspiration
Order
Tranquility

Autonomy

Freedom
Independence
Individuality
Choice

Physical Well-Being

Air
Food
Movement/exercise
Rest/sleep
Safety (protection from
 life-threatening situations)
Shelter
Touch
Water

Play

Joy
Fun
Humor

Meaning

Awareness
Understanding
Celebration (of life)
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Learning
Mourning
Participation
Self-expression
Stimulation
Purpose

Honesty

Authenticity
Integrity
Presence