

FEELINGS

When Our Needs ARE Being Met

AFFECTIONATE

Sympathetic
Tender
Warm

CONFIDENT

Empowered
Open
Proud
Safe
Secure

ENGAGED

Absorbed
Alert
Curious
Engrossed
Enchanted
Entrance
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

INSPIRED

Amazed
Awed
Wonder

EXCITED

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant

Rapturous
Thrilled

GRATEFUL

Appreciative
Moved
Thankful
Touched

HOPEFUL

Expectant
Encouraged
Optimistic

JOYFUL

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

PEACEFUL

Calm
Clear headed
Comfortable
Centered
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

AFRAID

Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked

When Our Needs Are NOT Being Met

Petrified
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
Horrificed
Hostile
Repulsed

CONFUSED

Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

DISCONNECTED

Alienated
Aloof
Apathetic
Bored

Cold
Detached
Distant
Distracted
Indifferent
Numb
Removed
Uninterested
Withdrawn

DISQUIET

Agitated
Alarmed
Discombobulated
Disconcerted
Disturbed
Perturbed
Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

EMBARRASSED

Ashamed
Chagrined
Flustered
Guilty
Mortified
Self-conscious

FATIGUE

Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Wearry
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
Melancholy
Unhappy
Wretched

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

CONNECTION

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Warmth
Love
Mutuality
Nurturing
Respect/Self-respect
Safety
Security
Stability
Support
To know and be known
To see and be seen
To understand and be understood
Trust

HONESTY

Authenticity
Integrity
Presence
Truth

PLAY

Joy
Humor
Fun
Laughter
Adventure
Creativity

PEACE

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order

PHYSICAL WELL-BEING

Air
Food
Movement
Exercise
Rest/sleep
Sexual expression
Safety
Shelter
Touch
Water

MEANING

Awareness
Celebration of
Life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
Self-expression
Stimulation

To matter
Understanding

AUTONOMY

Choice
Freedom
Independence
Space
Spontaneity