FEELINGS WHEN NEEDS ARE PERCEIVED AS NOT MET

ANGRY
- Agitated
- Annoyed
- Appalled
- Bitter
- Cranky
- Disgusted
- Enraged
- Frustrated
- Furious
- Resentful
- Impatient

SAD
- Bored
- Despairing
- Disappointed
- Discouraged
- Depressed
- Hopeless
- Lonely
- Hurt
- Heartbroken
- Woeful
- Exhausted
- Gloomy
- Indifferent

SCARED
- Afraid
- Anxious
- Cautious
- Apprehensive
- Terrified
- Concerned
- Dread
- Insecure
- Nervous
- Overwhelm
- Reluctant
- Suspicious
- Worried

"BAD"
- Apathetic
- Confused
- Shocked
- Torn
- Weary
- Withdrawn
- Puzzled
- Restless

TIRED
- Fatigued
- Exhausted
- Listless
- Weary

YEARNING
- Jealous
- Longing
- Protective
- Envious
- Nostalgic
- Wistful

EMBARRASSED
- Ashamed
- Chagrined
- Flustered
- Mortified

FEELINGS WHEN NEEDS ARE PERCEIVED AS MET

INTERESTED
- Curious
- Alert
- Eager
- Engaged
- Fascinated
- Stimulated
- Amused

HAPPY
- Confident
- Glad
- Excited
- Motivated
- Enthusiastic
- Joyful

CONFIDENT
- Carefree
- Energetic
- Empowered
- Open
- Invigorated

PEACEFUL
- Calm
- Content
- Satisfied
- Relaxed
- Serene
- Quiet

INSPIRED
- Optimistic
- Amazed
- Astonished

AFFECTIONATE
- Compassionate
- Tender
- Loving
- Warm
- Hopeful
- Openhearted

PLAYFUL
- Adventurous
- Mischievous
- Expansive
- Effervescent

GRATEFUL
- Appreciative
- Moved
- Touched
- Thankful

BODY SENSATIONS

Achy
Antsy
Bloated
Breathless
Bubbly
Burning

Jittery
Heavy
Fuzzy
Light-headed
Lethargic
Nauseous

Warm
Tight
Tingly
Weak
Strong
Spinning

Numb
Prickly
Shaky
Jumpy
Loose

Throbbing
Itchy
Paralyzed
Puffy
Shivery
Light

Cold
Pained
Dizzy
Drained
NEEDS

LOVE
Acceptance
Affection
Beauty
Caring
Closeness
Valuing
Respect
To Matter
Nurturance
Kindness
Gratitude / Mourning

COMMUNITY
Belonging
Equality
Equity
Reciprocity
Shared Agreements
Tolerance
Mutuality
Cooperation
Shared Reality
Harmony

MEANING
Appreciation
Achievement
Clarity
Contribution
Discovery
Challenge
Mastery/Skill
Productivity
Hope
Transcendence
Purpose
To Enrich Life

CREATIVITY
Authenticity
Innovation
Passion
Play
Adventure
Inspiration
Openness
Inspiration
Spontaneity

AUTONOMY
Choice
Freedom
Honesty
Courage
Integrity
Power
Self-Responsibility
Interdependence

UNDERSTANDING
Awareness
Empathy
To Be Heard
Consideration
To Be Seen
Communication
Acceptance
Acknowledgement

SURVIVAL
Clothing
Shelter
Nourishment
Sustainability
Abundance
Support

HEALTH
Balance
Ease
Movement
Fun
Rest
Relaxation
Space
Order

SAFETY
Peace
Faith
Trust
Reliability
Stability
Security
Predictability

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