

# FEELINGS

## FEELINGS we may experience when our needs ARE being met:

### LOVING

Affectionate  
Compassionate  
Friendly  
Nurtured  
Open-hearted  
Sensitive  
Sympathetic  
Tender  
Warm

### CONFIDENT

Determined  
Feisty  
Open  
Powerful  
Proud  
Safe  
Secure  
Strong

### INSPIRED

Amazed  
Awed  
Expansive  
Wonder

### REFRESHED

Energized  
Rejuvenated  
Renewed  
Restored  
Revived

### HOPEFUL

Expectant  
Encouraged  
Heartened  
Optimistic

### GRATEFUL

Appreciative  
Impressed  
Moved  
Overwhelmed  
Pleased  
Thankful  
Touched

### ENGAGED

Absorbed  
Alert  
Alive  
Curious  
Engrossed  
Enchanted  
Enthralled  
Entranced  
Fascinated  
Inquisitive  
Interested  
Intrigued  
Spellbound  
Stimulated

### ECSTATIC

Blissful  
Ebullient  
Ecstatic  
Elated  
Exhilarated  
Exuberant  
Exultant  
Free  
Overjoyed  
Rapturous

### JOYFUL

Amused  
Carefree  
Cheerful  
Delighted  
Glad  
Gleeful  
Happy  
Jubilant  
Tickled

### EXCITED

Adventurous  
Animated  
Ardent  
Aroused  
Astonished  
Breathless  
Dazzled  
Eager  
Energetic  
Enthusiastic  
Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Thrilled  
Vibrant  
Zestful

### PEACEFUL

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

## FEELINGS we may experience when our needs ARE NOT being met:

### SCARED

Apprehensive  
Dread  
Fear  
Foreboding  
Frightened  
Panicked  
Petrified  
Terrified

### IRRITATED

Annoyed  
Aggravated  
Defensive  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Perturbed  
Touchy

### ANGRY

Bitter  
Enraged  
Furious  
Hostile  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful

### CONCERNED

Pessimistic  
Guarded  
Reluctant  
Worried  
Troubled  
Uneasy  
Upset  
Uncomfortable

### EMBARRASSED

Ashamed  
Chagrined  
Flustered  
Guilty  
Mortified  
Self-conscious

### AVERSION

Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hatred  
Horrificed  
Repulsed  
Scornful

### CONFUSED

Baffled  
Bewildered  
Dazed  
Discombobulated  
Disoriented  
Hesitant  
Lost  
Mystified  
Overwhelmed  
Perplexed  
Puzzled  
Torn  
Uncertain

### SHOCKED

Aghast  
Agitated  
Alarmed  
Disconcerted  
Disturbed  
Rattled  
Startled  
Stunned  
Surprised  
Unnerved  
Unsettled  
Upset

### DISTANT

Apathetic  
Bored  
Cold  
Detached  
Disconnected  
Distant  
Distracted  
Numb  
Removed  
Uninterested  
Withdrawn

### FATIGUE

Beat  
Burnt out  
Depleted  
Exhausted  
Heavy  
Lethargic  
Listless  
Sick  
Sleepy  
Tired  
Weak  
Weary  
Worn out

### SAD

Blue  
Depressed  
Dejected  
Despair  
Despondent  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Gloomy  
Heavy hearted  
Hopeless  
Low  
Melancholy  
Morose  
Mournful  
Regret  
Sorrowful  
Wretched

### VULNERABLE

Awkward  
Fragile  
Guarded  
Helpless  
Hungry  
Insecure  
Raw  
Shaky  
Tender  
Tentative  
Thirsty  
Unsteady

### TENSE

Achy  
Anxious  
Cranky  
Defensive  
Distracted  
Edgy  
Fidgety  
Frazzled  
Harried  
Jittery  
Nauseous  
Nervous  
Overwhelmed  
Queasy  
Restless  
Stiff  
Stressed out

### ANGUISHED

Agony  
Brokenhearted  
Devastated  
Grief  
Hurt  
Lonely  
Miserable  
Pain  
Regretful  
Remorseful  
Stricken

### DOUBTFUL

Ambivalent  
Dissatisfied  
Leery  
Mistrustful  
Reserved  
Reluctant  
Skeptical  
Suspicious  
Wary

### YEARNING

Envious  
Jealous  
Longing  
Nostalgic  
Wistful

# NEEDS

## SURVIVAL

- Air, fresh air
- Food
- Physical safety
- Shelter
- Water

## PHYSICAL WELL-BEING

- Connection with nature
- Exercise
- Energy
- Freedom: from dangerous animals, parasites, bacteria, etc.
- Health
- Light
- Movement
- Rest
- Sleep
- Solitude
- Space
- Strength
- Sunlight
- Touch

## EMOTIONAL SAFETY

- Consistency
- Relief
- Predictability
- Order
- Security
- Stability
- Trust

## MEANING

- Awareness
- Clarity
- Comprehension
- Consciousness
- Discovery
- Discernment
- Discrimination
- Hope
- Information
- Purpose
- Reflection
- Understanding

## CREATIVITY/SELF-ACTUALIZATION

- Challenge
- Competence
- Effectiveness
- Growth
- Inspiration
- Learning
- Mastery
- Participation
- Purpose
- Self-expression
- Spontaneity
- Stimulation
- Vision/dreams

## SPIRITUAL EXPRESSION

- Beauty
- Being/presence
- Communion
- Grace
- Harmony
- Inspiration
- Order
- Peace
- Vision/dreams
- Wonder

## SELF-RESPONSIBILITY

- Authenticity
- Autonomy—to choose one's goals and dreams
- Choice—to choose how to move towards one's goals and dreams
- Freedom
- Honesty—the empowering honesty that enables us to learn from our limitations
- Independence
- Individuality
- Integrity
- Self-acceptance
- Self-connection
- Self-empathy
- Self-respect
- Self-trust
- Self-empowerment

## INTERDEPENDENCE

- Acceptance
- Acknowledgment—*feedback to know how we have contributed to life*
- Belonging/inclusion
- Cooperation
- Communication
- Closeness
- Community
- Companionship
- Compassion
- Connection
- Consideration
- Contribution—to serve or enrich life
- Empathy
- Equality
- Intimacy
- Love
- Mutuality
- Openness
- Presence
- Reassurance
- Respect
- Support
- To see, be seen
- To understand, be understood
- Trust
- To keep agreements

## NURTURING

- Affection
- Bonding
- Caring
- Comfort
- Ease
- Gentleness
- Healing
- Peace
- Pleasure
- Tenderness
- Touch
- Warmth

## CELEBRATION

**To celebrate life and dreams fulfilled:**

- Aliveness
- Delight
- Excitement
- Fun
- Humor
- Inspiration
- Joy
- Laughter
- Play
- Sexual expression
- Passion
- Wonder

**To celebrate losses:**

- Mourning loved ones
- Mourning dreams unfulfilled