

# Feelings

## (When Needs Met)

*Peaceful*  
Glad  
Compassionate  
Touched  
Joyful

Comfortable  
Encouraged  
Moved  
Inspired  
Passionate

Amused  
Sympathetic  
Satisfied  
Intrigued  
*Enchanted*

Relaxed  
Refreshed  
Hopeful  
Thrilled  
*Grateful*

Tender  
Optimistic  
Fascinated  
Delighted  
Ecstatic

Relieved  
Content  
Curious  
Giddy  
Amazed  
Blissful

Warm  
Tickled  
Invigorated  
Aroused  
*Excited*  
*Happy*

Mellow  
Alive  
Pleased  
Surprised

Centered  
Astonished

**Intensity** 

## (When Needs Not Met)

Sad  
*Torn*  
Pain  
Embarrassed  
feeling  
Guilty  
Ashamed  
Devastated

*Longing*  
Hurt  
Surprised  
Disturbed  
Jealous  
Horrorified

Hopeless  
Depressed  
Nervous  
Terrified  
Lonely  
Envious  
Angry

Bored  
Edgy  
*Afraid*  
Scared  
Frustrated  
Irate

Confused  
Anxious  
Unhappy  
Irritated  
Furious

Lethargic  
Disappointed  
Perplexed  
Resentful

Tired  
Uncomfortable  
Alarmed  
Suspicious  
Enraged

Aloof  
Regretful  
Discouraged  
Upset  
Startled  
*Annoyed*  
Rage

Ambivalent  
Cranky  
Worried  
Overwhelmed

Numb  
Concerned  
Apathetic

# Needs

## Transcendence

Flow, Beauty, Harmony, Unconditional Love, Communion, Intimacy  
Hope, Oneness, Spiritual Connection, Union

Love

To Matter, Purpose

Acknowledgment, Contribution

Shared-Trust  
Shared-Peace, Shared-Play  
Mourning, Celebration  
Forgiveness, Restorative Justice  
Collective learning/Evolution

Rest, Regeneration, Play  
Self-Love, Presence  
Inner-Trust, Inner-Peace  
Integrity (Self-Similarity)  
Congruency, Clarity  
Health, Balance, Leisure  
Ease, Healing, Learning  
Openness, Inspiration  
Faith, Understanding  
Adventure

*Well-Being*

*Meaning*

*Peace*

Acceptance  
Shared-Responsibility  
Mutuality, Reciprocity  
Equality  
Connection  
Compassion  
Affection  
Mutual-Understanding  
Grace

*Honesty*

*Life*

*Empathy*

*Autonomy*

*Protection*

*Interdependence*

Community  
Support, Belonging  
Inclusion, Friendship  
Reassurance  
Companionship  
Collaboration  
Cooperation

Self-Expression  
To be Known  
To be Heard, To be Seen  
Empowerment  
Choice, Freedom  
Space, Creativity  
Competence, Efficiency  
Stimulation, Aliveness

Security, Justice, Comfort  
Consideration, Nurturance  
Sustainability, Safety  
Respect, Caring, Privacy

## Survival

Air, Water, Shelter

Sustenance/Food, Touch

Movement, Procreation

Erotic Love