



Feelings that are likely to occur when our needs are being met

Affectionate	Optimistic	Ebullient	Joyful
Friendly	Proud	Fresh	Joyous
Loving	Relieved	Healthy	Rapturous
Open	Safe	Invigorated	Thrilled
Openhearted	Secure	Vigorous	Peaceful
Sympathetic	Content	Vital	Attuned
Tender	Blissful	Zestful	Calm
Form	Cheerful	Excited	Composed
Alert	Comfortable	Ardent	Equanimous
Center	Easy	Enthusiastic	Quiet
Clearheaded	Glad	Fervent	Reverent
Mindful	Happy	Passionate	Tranquil
Steady	Pleased	Interested	Relaxed
Awed	Delighted	Absorbed	Dreamy
Amazed	Adventurous	Aroused	Languid
Astonished	Amused	Curious	Mellow
Bedazzled	Carefree	Engrossed	Rested
Enchanted	High	Fascinated	Satisfied
Enthralled	Lighthearted	Inquisitive	Fulfilled
Entranced	Mirth	Intrigued	Sated
Inspired	Playful	Stimulated	Thankful
Spellbound	Pleasure	Jubilant	Appreciative
Wonder	Energetic	Ecstatic	Expansive
Confident	Alive	Elated	Grateful
Empowered	Buoyant	Exhilarated	Gratified
Expectant	Creative	Exuberant	Moved
Hopeful	Eager	Exultant	Touched

Feelings that are likely to occur when our needs are not being met

Agony	Frustrated	Dissatisfied	Remote
Anguish	Impatient	Disturbed	Removed
Bereaved	Irked	Perturbed	Reserved
Brokenhearted	Irritated	Rattled	Unconcerned
Distress	Miffed	Startled	Unmoved
Grief	Peeved	Surprised	Withdrawn
Hurt	Vexed	Troubled	Embarrassed
Miserable	Aversion	Turbulent	Ashamed
Misery	Alienated	Turmoil	Deflated
Mournful	Animosity	Uncomfortable	Guilty
Pain	Bitter	Uneasy	Insecure
Sad	Disgusted	Unsettled	Regretful
Sorrow	Dislike	Upset	Remorseful
Woe	Hate	Disconnected	Shy
Wretched	Hostile	Aloof	Sorry
Angry	Loathing	Apathetic	Unsure of self
Enraged	Repugnance	Cold	Envious
Furious	Repulsed	Contemptuous	Desirous
Indignant	Resentment	Cool	Longing
Ire	Disappointment	Distant	Nostalgic
Outraged	Agitated	Indifferent	Pining
Vengeful	Alarmed	Inhibited	Wistful
Annoyed	Discouraged	Nonchalant	Yearning
Aggravated	Disgruntled	Numb	Fearful
Aroused	Disheartened	Passive	Anxious
Displeased	Dismayed	Pity	Apprehensive
Exasperated	Disquieted	Reluctant	Daunted



Feelings that are likely to occur when our needs are not being met

Fearful	Lonely	Ungrounded	Heavy
Dread	Melancholy	Vulnerable	Lethargic
Edgy	Mopy	Confused	Lifeless
Foreboding	Pessimistic	Ambivalent	Low-energy
Frightened	Resigned	Befuddled	Sleepy
Guarded	Tense	Conflicted	Weary
Horror	Burdened	Discombobulated	
Insecure	Burnout	Dizzy	
Jittery	Constricted	Doubtful	
Leery	Cranky	Dubious	
Mistrustful	Depleted	Hesitant	
Nervous	Distracted	In a daze	
Panicky	Distraught	Indecisive	
Petrified	Encumbered	Lost	
Scared	Exhausted	Mystified	
Suspicious	Fidgety	Perplexed	
Terror	Fragile	Puzzled	
Unnerved	Frazzled	Tentative	
Wary	Intense	Torn	
Worried	Irritable	Uncertain	
Gloomy	Listless	Unclear	
Dejected	Off-center	Unsure	
Depressed	Overwhelmed	Tired	
Despairing	Restless	Bored	
despondent	Sensitive	Draggy	
Forlorn	Stress	Enervated	
Hopeless	Stretched	Fatigued	



Universal Human Needs

Interdependent Needs

To receive as well as to extend to others:

Acceptance, Inclusion, Appreciation

(Confirmation that a positive contribution has been made)

Compassion

(A caring response to perceived pain)

Connection

Consideration

(Of our needs and others needs for preferences)

Cooperation

Community

(Being part of something larger than ourselves)

Empathy, Attunement

Honesty

(Honest feedback on our words and behaviors that enables us to learn from past behaviors limitations)

Warmth, Closeness, Intimacy

Respect Self-respect

Support Nurturance

Trust Reassurance

Understanding Visibility

Safety & Health

Security

Dependability, Consistency

Harmony & Balance

Beauty, Order, Peace

Wholeness, Equality, Mutuality

Inspiration Communion

Autonomy & Authenticity

Autonomy

(To choose one's goals, values, dreams and ways to realize them)

Integrity (to live one's values)

Authenticity (To be true to oneself)

Clarity & Awareness

Consciousness

Understanding

(The need for knowledge, wisdom & experience)

Purpose & Effectiveness

Contribution

(to the enrichment of life)

Meaning

Purpose, Purposeful activity, work

Growth Competence

Creativity & Self-expression

Rest & Play

Enjoyment

Challenge Stimulation

Ease Relaxation

Celebration & Mourning

(of life in the cycles of birth & death)