

Feelings When Needs Are Being Met

<i>Affectionate</i>	<i>Curious</i>	<i>Exhilarated</i>	<i>Inspired</i>	<i>Relieved</i>	<i>Proud</i>
<i>Amazed</i>	<i>Delighted</i>	<i>Friendly</i>	<i>Joyful</i>	<i>Stimulated</i>	<i>Thankful</i>
<i>Calm</i>	<i>Empowered</i>	<i>Grateful</i>	<i>Loving</i>	<i>Surprised</i>	<i>Tranquil</i>
<i>Confident</i>	<i>Engaged</i>	<i>Happy</i>	<i>Refreshed</i>	<i>Passionate</i>	
<i>Content</i>	<i>Excited</i>	<i>Hopeful</i>	<i>Relaxed</i>	<i>Peaceful</i>	

Feelings When Needs Are Not Being Met

Sadness/Disconnection

Alienated
Bored
Burned out
Depressed
Dejected
Despair
Devastated
Disappointed
Disengaged
Discouraged
Exhausted
Fatigued
Grieving
Heartbroken
Helpless

Hopeless
Hurt
Indifferent
Lonely
Sad
Tired
Unhappy

Anger/Frustration

Agitated
Angry
Annoyed
Appalled
Disgusted
Displeased
Frustrated
Furious

Impatient
Indignant
Irritated
Resentful
Troubled
Upset

Fear/Anxiety

Afraid
Anxious
Apprehensive
Cautious
Confused
Distressed

Disturbed
Overwhelmed
Scared
Stressed
Suspicious
Wary
Worried

Words that describe what we think people are doing to us

<i>Attacked</i>	<i>Ignored</i>	<i>Put down</i>
<i>Betrayed</i>	<i>Insulted</i>	<i>Taken advantage of</i>
<i>Criticized</i>	<i>Left out</i>	<i>Unappreciated</i>
<i>Disrespected</i>	<i>Pressured</i>	<i>Unsupported</i>

Universal Human Needs

Subsistence

Clean air and water
Exercise
Food
Health
Healing
Procreation
Shelter

Sensory Stimulation

Safety

Consideration
Fairness
Justice
Harmony
Order
Protection
Security

Affection

Appreciation
Companionship
Friendship
Intimacy
Kindness
Love
To matter to someone

Empathy

Acceptance
Acknowledgement
Connection
Consideration
Encouragement

Respect
Recognition

Support
Understanding

Autonomy

Choice
Control
Freedom
Independence
Power
Space

To be heard

Honesty

Authenticity
Clarity
Commitment
Dependability
Integrity
Keeping agreements
Reliability
Responsibility
Truthfulness
Trust

Community

Belonging
Cooperation
Connection
To make a difference
To matter

To share life's joys and sorrows

Challenge

Accomplishment
Adventure
Creativity
Discovery
Exploration
Learning
Risk
Self-mastery

Rest

Balance
Celebration
Comfort
Ease
Humor
Leisure
Play
Relaxation
Sleep

Work

Competence
Contribution
Productivity
To help others

Transcendence

Beauty
Creativity
Flow
Gratitude
Meaning
Order
Purpose
Solitude
Wholeness
Wonder