

FEELINGS WHEN YOUR NEEDS ARE SATISFIED

FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED

AFFECTIONATE
compassionate
friendly
loving
open hearted
sympathetic
tender
warm

radiant
thrilled

GRATEFUL
appreciative
moved
thankful
touched

CONFIDENT
empowered
open
proud
safe
secure

HOPEFUL
expectant
encouraged
optimistic

ENGAGED
absorbed
alert
curious
fascinated
interested
intrigued
stimulated

JOYFUL
amused
delighted
glad
happy
pleased
tickled

INSPIRED
amazed
awed
wonder

PEACEFUL
calm
clear headed
comfortable
centered
content
fulfilled
mellow

EXCITED
amazed
astonished
eager
energetic
enthusiastic
invigorated
lively
passionate
surprised

quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

EXHILARATED
blissful
ecstatic
elated
exuberant

REFRESHED
enlivened
rejuvenated
renewed
rested
restored
revived

AFRAID
panicked
scared
suspicious
terrified
worried

ANNOYED
aggravated
frustrated
impatient
irritated

ANGRY
furious
outraged
resentful

AVERSION
disgusted
horrified
repulsed

CONFUSED
ambivalent
hesitant
lost
torn

DISCONNECTED
alienated
apathetic
bored
distant
distracted
numb
withdrawn

DISQUIET
agitated

alarmed
disturbed
restless
shocked
startled
surprised
uncomfortable
upset

EMBARRASSED
ashamed
guilty
self-conscious

FATIGUE
exhausted
tired
weary
worn out

PAIN
grief
heartbroken
hurt

lonely
miserable
regretful

SAD
depressed
despair
disappointed
discouraged
heavy hearted
hopeless
unhappy

TENSE
anxious
fidgety
irritable
nervous
overwhelmed
restless
stressed out

1- Sustenance
2- Safety
3- Love

4- Empathy
5- Rest, recreation, & play,
6- Meaning or Purpose in life

7- Creativity
8- Community
9- Autonomy

helpless

Sustenance

air
food
health & healing
pleasure
shelter
touch
water

Safety

Order
consistency pre-
dictability
reassurance
security
safety (emotional)
safety (physical)
stability
structure

Love

acceptance
affection
attention
belonging
care
closeness compan-
ionship
connection
friendship
harmony
honesty
intimacy
nurturing
to hear and be heard
to trust & be trusted
warmth

Empathy

authenticity

compassion
integrity
presence
to understand &
be understood

Rest Recreation & Play

beauty
humor
joy
leisure/relaxation
movement/exercise
rest/sleep
sexual expression
solitude

Community

appreciation belong-
ing cooperation
communication con-
sideration inclusion
communion
ease
equality
fairness
mutuality
respect/self-respect
shared reality
sharing
support
to know/be known
to see and be seen

Creativity

clarity
inspiration
discovery
effectiveness
efficiency

longing

exploration
flow
focus
information
integration
self-expression
stimulation
power in your world

Autonomy

choice
freedom indepen-
dence
space
spontaneity

Meaning or Pur- pose in Life

aliveness
awareness celebra-
tion of life challenge
competence
consciousness con-
tribution
growth
hope
learning
making sense of life
mourning
nature
participation
peace (external)
peace (internal)
self-acceptance
self-care
self-connection

self-knowledge
self-love
self-realization
self-responsibility
to matter
to understand/be
understood
transcendence
well-being of
someone else