

FEELINGS tell us if our needs are met or not.

Glad	Amazed Affectionate Calm Comfortable Content Curious Delighted	Ecstatic Encouraged Energetic Enthusiastic Excited Grateful Happy	Hopeful Interested Inspired Intrigued Joyful Open Optimistic	Peaceful Relaxed Relieved Satisfied Tender Thankful Thrilled	Thoughts	
Sad	Blah Depressed Discouraged Disappointed	Down Hurt Lonely Lost	Numb Puzzled Reluctant Torn Unhappy		Thoughts	Rejected (not) Accepted Betrayed Dismissed Left out Unappreciated
Mad	Angry Annoyed Bitter Cranky	Frustrated Furious Grumpy Irritated	Resentful Ticked Off Upset		Thoughts	Abused Blamed Cornered Ripped off Unappreciated
Bad	Ashamed Bored Confused Embarrassed	Envious Exhausted Indifferent	Overwhelmed Stressed Surprised	Shocked Tired Impatient	Thoughts	Dumped on Pressured Put down
Afraid	Agitated Anxious Apprehensive Cautious Concerned	Fidgety Guarded Nervous Panicky	Suspicious Skeptical Scared Timid Troubled	Uncomfortable Uptight Vulnerable Worried	Thoughts	Attacked Bullied Cornered Harassed Intimidated

NEEDS are universal.

NEEDS make no reference to any specific person doing any specific thing.

Connection	Acceptance Acknowledgment Affection Appreciation Community Compassion/Empathy Connection Consideration	Friendship Help/Support Inclusion Intimacy Kindness Love Reassurance	Respect Shared reality To have your intentions seen To be Heard Trust Understanding
Meaning	Accountability Celebration Clarity Competence Contribution Creativity	Dependability Effectiveness Efficiency Hope Learning/Growth Meaning/Purpose	Mourning Participation Resourcefulness Self-Expression Stimulation To Matter/Belong
Peace	Balance Beauty/Aesthetics Congruence Ease/Comfort Equality	Flexibility Harmony Inspiration Order	Peace Predictability Security Structure
Autonomy	Autonomy/Choice Freedom	Power in your world Responsibility	
Honesty	Authenticity Dignity	Honesty Integrity	To be seen
Physical Well-Being	Air Food Health/Well-being	Nurturance Privacy Protection	Rest/Relaxation Safety Shelter Space
Play	Fun & Play	Humor	Spontaneity