



FEELINGS & NEEDS

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	Blessed Lucky Loved Deserving			
	Blah Depressed Discouraged Disappointed	Down Hurt Lonely Lost Numb	Puzzled Reluctant Torn Unhappy		Thoughts	Rejected (not) Accepted Betrayed Dismissed Left out Unappreciated		
	Angry Annoyed Bitter Cranky	Frustrated Furious Grumpy Irritated	Pouty Resentful Ticked Off Upset			Thoughts	Abused Blamed Cornered Ripped off Unappreciated	
	Ashamed Bored Confused Embarrassed	Envious Exhausted Indifferent Overwhelmed	Stressed Surprised Shocked Tired Impatient				Thoughts	Dumped on Pressured Put down
	Agitated Anxious Apprehensive Cautious Concerned Fidgety	Guarded Nervous Panicky Suspicious Skeptical Scared	Timid Troubled Uncomfortable Uptight Vulnerable Worried					Thoughts



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NEEDS are universal

NEEDS make no reference to any specific person doing any specific

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