

A list of Needs

CONNECTION	PHYSICAL WELL-BEING	MEANING
acceptance	air	awareness
affection	food	celebration of life
appreciation	movement/exercise	challenge
belonging	rest/sleep	clarity
cooperation	safety	competence
communication	shelter	consciousness
closeness	touch	contribution
community	water	creativity
companionship	HONESTY	discovery
compassion	authenticity	efficacy
consideration	integrity	effectiveness
consistency	presence	growth
empathy	PLAY	hope
inclusion	joy	learning
intimacy	humour	mourning
love	PEACE	participation
mutuality	beauty	purpose
nurturing	communion	self-expression
respect/self-respect	ease	stimulation
safety	equality	to matter
security	harmony	understanding
stability	inspiration	AUTONOMY
support	order	choice
to know and be known		freedom
to see and be seen		independence
to understand and		space
be understood		spontaneity
trust		
warmth		

Lists of Feelings

Some feelings when your needs are satisfied

AFFECTIONATE	EXCITED	JOYFUL	EXHILARATED	REFRESHED
compassionate	amazed	amused	ecstatic	rejuvenated
friendly	animated	delighted	elated	rested
tender	ardent	glad		restored
warm	aroused	happy	HOPEFUL	revived
	astonished	jubilant	encouraged	
ENGAGED	eager	pleased	optimistic	PEACEFUL
absorbed	energetic		surprised	calm
alert	enthusiastic	CONFIDENT		clear headed
curious	invigorated	open	INSPIRED	comfortable
fascinated	lively	safe	amazed	content
interested		secure		quiet
intrigued	GRATEFUL			relaxed
involved	moved			relieved
	thankful			satisfied
	touched			

Some feelings when your needs are not satisfied

ANNOYED	DISCONNECTED	PAIN	VULNERABLE	TENSE
aggravated	alienated	agony	fragile	anxious
dismayed	apathetic	devastated	guarded	distressed
exasperated	bored	grief	insecure	irritable
frustrated	detached	hurt	helpless	nervous
impatient	indifferent	lonely		overwhelmed
irritated	numb	miserable	YEARNING	restless
			envious	stressed out
			jealous	torn
ANGRY	DISQUIET	SAD	CONFUSED	FATIGUE

enraged	agitated	depressed	baffled	burnt out
furios	alarmed	dejected	bewildered	exhausted
incensed	disturbed	despair	dazed	sleepy
resentful	restless	disappointed	unhappy	tired
	surprised	discouraged		worn out
AVERSION	troubled	upset		
animosity	uncomfortable			
appalled	uneasy	EMBARRASSED		
contempt	unsettled	ashamed		
dislike		flustered		
hate		self conscious		