

FEELINGS

Feelings are bodily felt experiences that tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

Feelings we may have when our NEEDS ARE MET:

PEACEFUL	LOVING	GLAD	PLAYFUL	INTERESTED
Tranquil	Warm	Happy	Energetic	Involved
Calm	Affectionate	Excited	Effervescent	Inquisitive
Content	Tender	Hopeful	Invigorated	Intense
Engrossed	Appreciative	Joyful	Zestful	Enriched
Absorbed	Friendly	Satisfied	Refreshed	Absorbed
Expansive	Sensitive	Delighted	Impish	Alert
Serene	Compassionate	Encouraged	Alive	Aroused
Loving	Grateful	Grateful	Lively	Astonished
Blissful	Nurtured	Confident	Exuberant	Concerned
Satisfied	Amorous	Inspired	Giddy	Curious
Relaxed	Trusting	Touched	Adventurous	Eager
Relieved	Open	Proud	Mischievous	Enthusiastic
Quiet	Thankful	Exhilarated	Jubilant	Fascinated
Carefree	Radiant	Ecstatic	Goofy	Intrigued
Composed	Adoring	Optimistic	Buoyant	Surprised
Fulfilled	Passionate	Glorious	Electrified	Helpful

Feelings we may have when our NEEDS ARE NOT MET:

MAD	SAD	SCARED	TIRED	CONFUSED
Impatient	Lonely	Afraid	Exhausted	Frustrated
Pessimistic	Heavy	Fearful	Fatigued	Perplexed
Disgruntled	Troubled	Terrified	Inert	Hesitant
Frustrated	Helpless	Startled	Lethargic	Troubled
Irritable	Gloomy	Nervous	Indifferent	Uncomfortable
Edgy	Overwhelmed	Jittery	Weary	Withdrawn
Grouchy	Distant	Horried	Overwhelmed	Apathetic
Agitated	Despondent	Anxious	Fidgety	Embarrassed
Exasperated	Discouraged	Worried	Helpless	Hurt
Disgusted	Distressed	Anguished	Heavy	Uneasy
Irked	Dismayed	Lonely	Sleepy	Irritated
Cantankerous	Disheartened	Insecure	Disinterested	Suspicious
Animosity	Despairing	Sensitive	Reluctant	Unsteady
Bitter	Sorrowful	Shocked	Passive	Puzzled
Rancorous	Unhappy	Apprehensive	Dull	Restless
Irate, Furious	Depressed	Dread	Bored	Boggled
Angry	Blue	Jealous	Listless	Chagrined
Hostile	Miserable	Desperate	Blah	Unglued
Enraged	Dejected	Suspicious	Mopey	Detached
Violent	Melancholy	Frightened	Comatose	Skeptical



UNIVERSAL HUMAN NEEDS & VALUES

The needs below are grouped into 3 categories (Peace, Love and Joy) and 9 sub-categories (Health, Safety, Rest, Caring, Empathy, Community, Autonomy, Creativity, Meaning)

PEACE

Sustenance/Health

abundance/thriving
exercise
food, nutrition
nourishment
rest, sleep
shelter
sustainability
support/help
well-being
vitality, energy, aliveness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
stability
trust, faith

Rest/Recreation/Fun

awareness
balance
beauty
ease
equanimity
humor
movement
play
relaxation
rejuvenation
simplicity
space
tranquility
wholeness
wonder

LOVE

Caring

affection, warmth
closeness, touch
mattering/importance
compassion, kindness
intimacy
connection
nurturing
valuing, prizing
respect, honoring

Empathy/Understanding

clarity
awareness
acceptance
acknowledgment
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence, listening
respect, equality
receptivity, openness
recognition
seeing (see/be seen)
sensitivity

Community/Belonging

cooperation
companionship
generosity
inclusion
harmony
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

JOY

Autonomy/Authenticity

choice
clarity
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

Creativity/Play

adventure
aliveness
discovery
initiative
innovation
inspiration
mystery
passion
spontaneity

Meaning/Contribution

appreciation, gratitude
achievement, productivity
purpose, value
celebration, mourning
challenge
efficacy
effectiveness
excellence, mastery
feedback
growth, learning
self-expression
participation
self-actualization
self-esteem

