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Feelings

When needs are being met, we are likely to feel...

Happy; Excited; Hopeful; Joyful; Satisfied;
Delighted; Encouraged; Grateful; Confident;
Inspired; Relieved; Touched; Proud; Elated;
Exuberant; Optimistic

Peaceful; Absorbed; Content; Engrossed;
Calm; Expansive; Serene; Loving; Blissful;
Satisfied; Relaxed; Composed; Clear

Loving; Friendly; Affectionate; Tender;
Trusting; Compassionate; Warm; Friendly;
Sensitive; Grateful; Nurtured; Trusting

Playful; Energetic; Invigorated; Zestful;
Refreshed; Stimulated; Alive; Giddy; Eager;
Exuberant; Adventurous; Enthusiastic

Rested; Relaxed; Alert; Refreshed; Alive;
Energized; Rejuvenated; Strong

Thankful; Grateful; Happy

When needs are not being met, we are likely to feel...

Scared; Afraid; Fearful; Terrified; Startled;
Nervous; Panicky; Jittery; Horrified;
Anxious; Anguished; Lonely; Skeptical;
Suspicious

Mad; Angry; Aggravated; Exasperated;
Agitated; Furious; Enraged; Infuriated;
Hostile; Bitter; Pessimistic; Resentful;
Disgusted; Irritated; Annoyed; Disappointed

Confused; Frustrated; Perplexed; Hesitant;
Troubled; Torn; Embarrassed; Uneasy;
Worried; Bewildered; Concerned

Tired; Exhausted; Fatigued; Lethargic;
Indifferent; Listless; Weary; Overwhelmed;
Fidgety; Helpless; Heavy; Sleepy;
Withdrawn; Apathetic

Uncomfortable; Pained; Uneasy; Hurt;
Miserable; Embarrassed; Sad; Lonely; Grief;
Overwhelm; Distant

Universal Needs

Freedom

Autonomy
Choice
Independence
Self-Empowerment
Solitude
Space
Input into Decisions

Connection

Acceptance
Affection
Appreciation
Belonging
Closeness
Communication
Community
Companionship
Compassion
Consideration
Consistency
Cooperation
Emotional Safety
Empathy
Equality
Fairness
Honesty
Inclusion
Intimacy
Love
Mutuality
Nurturance
Reassurance
Reliability
Respect
Stability
Support
To Be Heard
To Be Known
To Be Seen
Trust
Understanding

Integrity

Authenticity
Self-Respect
Self-Worth
Presence

Meaning

Awareness
Celebration
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Effectiveness
Growth
Hope
Learning
Mastery
Mourning
Participation
Productivity
Purpose
Self-Expression
To Matter

Physical Well-Being

Air
Comfort
Connection
Food / Nourishment
Exercise / Movement
Physical Affection
Rest / Sleep
Safety
Sexual Expression
Shelter
Sunlight
Tenderness
Touch

Play

Fun
Laughter
Joy
Humor

Spirituality

Awareness
Beauty
Giving
Gratitude
Harmony
Healing
Inspiration
Order
Peace
Serving

Mental

Clarity
Comprehension
Information
Reflection
Stimulation
To Understand

Celebration

Aliveness
Delight
Excitement
Intensity
Mourning
Passion
Pleasure
Vitality

Evaluations Masquerading as Feelings

<u>When You Say:</u>	<u>You Might Be Feeling</u>	<u>You Might Be Needing</u>
Abandoned	Lonely; Terrified; Hurt; Sad	Connection; Belonging
Abused	Sad; Hurt; Scared	Nurturing; Support; Safety
Attacked	Scared; Angry; Confused	Safety; Respect
Belittled	Angry; Tense; Frustrated	To Be Seen; Appreciation
Betrayed	Hurt; Disappointed; Enraged	Trust; Understanding; Support
Cheated	Resentful; Hurt; Angry	Honesty; Justice; Trust
Coerced	Scared; Worried; Hurt	Choice; Freedom; Autonomy
Criticized	Anxious; Embarrassed	Understanding; Acceptance
Disrespected	Hurt; Irritated; Pissed Off	Respect; Appreciation
Ignored	Lonely; Sad; Pained	Attention; Connection
Incompetent	Frustrated; Confused	Success; Effectiveness
Insulted	Angry; Embarrassed	Respect; Recognition
Interrupted	Frustrated; Resentful; Concerned	To Be Heard; Consideration
Intimidated	Scared; Worried; Anxious	Safety; Equality; Respect
Left Out	Lonely; Sad; Hurt; Confused	Inclusion; Connection; Support
Let Down	Disappointment; Disheartened	Consistency; Reliability; Trust
Manipulated	Powerless; Frustrated; Worried	Equality; Free Choice
Misunderstood	Upset; Discouraged; Hurt	Understanding; To Be Heard
Neglected	Lonely; Scared	Inclusion; To Matter
Pressured	Anxious; Resentful	Freedom; Space; Autonomy
Provoked	Pissed-Off; Hostile; Rage	Respect; Consideration; Safety

Put Down	Embarrassed; Sad; Hurt	Acknowledgment; Appreciation
Rejected	Hurt; Scared; Lonely	Closeness; Belonging
Ripped Off	Angry; Resentment	Fairness; Justice; Trust
Smothered	Fear; Annoyed; Frustrated	Freedom; Space; Autonomy
Taken for Granted	Disappointed; Hurt	Appreciation; Recognition
Threatened	Agitated; Scared; Worried	Safety; Respect; Comfort
Unappreciated	Frustrated; Angry; Sad	Appreciation; Consideration
Unheard	Sad; Lonely; Hurt; Anxious	To Be Heard; Empathy; Support
Unloved	Hurt; Skeptical; Lonely	Love; To Matter; Belonging
Unseen	Hurt; Sad; Worried	Acknowledgment; Community
Unsupported	Resentful; Overwhelmed	Understanding; Support
Unwanted	Lonely; Disappointed	Connection; To Matter
Used	Angry; Hurt; Discouraged	Appreciation; Attention
Victimized	Scared; Helpless; Lonely	Safety; Empowerment; Trust
Violated	Worried; Disappointed	Privacy; Space; Respect
Wronged	Horrificed; Confused	Fairness; Justice; Information