

Feelings when our needs are

fulfilled

Admiration	Energetic
Amazed	Enthusiastic
Amused	Fascinated
Affectionate	Fortunate
Anticipation	Glad
Attracted	Happy
Blissful	Hopeful
Brave	Interested
Calm	Joyful
Cheerful	Keen
Comfortable	Motivated
Confident	Peaceful
Connected	Proud
Content	Secure
Courageous	Relaxed
Curious	Refreshed
Encouraged	Relieved

Secure
Touched
Thankful
Thrilled
Trustful
Warm



Feelings when our needs are not

fulfilled

Angry	Guilty	Shocked
Anxious	Helpless	Tense
Ashamed	Hesitant	Tired
Bored	Hopeless	Uneasy
Bitter	Hurt	Upset
Confused	Impatient	Uncomfortable
Concerned	Insecure	Worried
Disappointed	Irritated	
Discouraged	Jealous	
Disinterested	Lonely	
Disturbed	Nervous	
Disgusted	Overwhelmed	
Embarrassed	Puzzled	
Exhausted	Regretful	
Fearful	Reluctant	
Frustrated	Restless	
Grief	Sad	

Needs at the root of our feelings

Connection

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion

Consideration
Consistency
Empathy
Emotional Safety
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect/ Self-respect

Safety
Security
Stability
Support
To know and be known
To see and be seen
To understand and be understood
Trust
Warmth

Physical Wellbeing

Movement
Nourishment
Rest
Sexual Expression
Safety
Touch

Honesty

Authenticity
Integrity
Presence

Play

Joy
Humour

Peace

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order

Autonomy

Choice
Freedom
Independence
Space
Spontaneity

Meaning

Awareness
Celebration of life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness

Growth

Hope
Learning
Mourning
Participation
Purpose
Self-expression
Stimulation
To matter
Understanding