

# NEEDS

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## CONNECTION

Acceptance  
Affection  
Appreciation  
Authenticity  
Belonging  
Care  
Self-Care  
Closeness  
Communication  
Community  
Companionship  
Compassion  
Consideration  
Empathy  
Friendship  
Inclusion

Inspiration  
Intimacy  
Love  
Nurturing  
Partnership  
Presence  
Respect  
Self-Respect  
Security  
Self-Expression  
Shared reality  
Stability  
Support  
To Know and Be Known  
To See and Be Seen  
Trust  
Warmth

## PEACE

Acceptance  
Self-Acceptance  
Balance  
Beauty  
Ease  
Harmony  
Hope  
Order  
Peace-of-mind  
Space

## PLAY

Adventure  
Excitement  
Fun  
Humor  
Joy  
Relaxation  
Stimulation

## PHYSICAL WELL-BEING

Air  
Care  
Comfort  
Food  
Movement / Exercise  
Rest / Sleep  
Safety (protection)  
Shelter  
Touch  
Water

## MEANING

Awareness  
Celebration  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficiency  
Effectiveness  
Growth

Integration  
Integrity  
Learning  
Mourning  
Movement  
Participation  
Presence  
Progress  
Purpose  
Safety  
Stimulation  
Understanding

## AUTONOMY

Choice  
Dignity  
Freedom  
Independence  
Self-Expression  
Space  
Spontaneity

# Feelings Associated with Met Needs

## LOVE

Affection  
Caring  
Compassion  
Fond

## CENTERED

Comfortable  
Relaxed

## HOPEFUL

Confident  
Optimistic  
Renewed

## ENGAGED

Absorbed  
Curious  
Dazzled  
Engrossed  
Fascinated  
Interested  
Intrigued  
Stimulated

## REFRESHED

Rested  
Restored  
Revived

## GRATEFUL

Appreciative  
Content  
Thankful  
Touched

## EXCITED

Amazed  
Energetic  
Enthusiastic  
Invigorated  
Jazzed  
Passionate  
Surprised

## HAPPY

Amused  
Delighted  
Glad  
Joyful  
Overjoyed  
Pleased

## EXHILARATED

Blissful  
Ecstatic  
Elated  
Euphoric  
Thrilled

## PEACEFUL

Calm  
Comfortable  
Fulfilled  
Relaxed  
Relieved  
Satisfied

## INSPIRED

Amazed  
Encouraged  
Enthusiastic  
Motivated  
Moved

# Feelings Associated with Unmet Needs

## AFRAID

Apprehensive  
Fearful  
Frightened  
Mistrustful  
Panicked  
Scared  
Terrified  
Worried

## ANNOYED

Aggravated  
Bothered  
Displeased  
Frustrated  
Irritated

## ANGER

Angry  
Contempt  
Enraged  
Furious  
Livid  
Outraged  
Resentful

## CONFUSED

Ambivalent  
Bewildered  
Conflicted  
Lost  
Puzzled  
Torn

## ANXIETY

Agitated  
Alarmed  
Anxious  
Concerned  
Disturbed  
Flustered  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Uncomfortable  
Uneasy  
Unnerved  
Unsettled  
Upset

## EMBARRASSED

Ashamed  
Mortified  
Self-conscious

## FATIGUE

Beat  
Burned-out  
Depleted  
Exhausted  
Lethargic  
Sleepy  
Tired  
Weary  
Wiped out  
Worn out

## PAIN

Devastated  
Grief  
Heartbroken  
Hurting  
Lonely  
Miserable  
Regretful

## TENSE

Anxious  
Cranky  
Distressed  
Distraught  
Frazzled  
Nervous  
Overwhelmed  
Restless  
Stressed out

## VULNERABLE

Fragile  
Guarded  
Helpless  
Insecure  
Jealous  
Shaky

## AVERSION

Disgusted  
Hate  
Horrificed  
Hostility  
Repulsed

## SAD

Depressed  
Dejected  
Disappointed  
Discouraged  
Disheartened  
Despondent  
Gloomy  
Hopeless  
Miserable  
Remorseful  
Unhappy

## DISCONNECTED

Apathetic  
Bored  
Detached  
Distant  
Envy  
Indifferent  
Longing  
Numb  
Removed  
Withdrawn  
Yearning

# Non-Feelings List

Words that describe what we think others are doing to us. (We are really blaming others)

Abandoned	Hassled	Manipulated	Threatened
Attacked	Ignored	Neglected	Trampled
Blamed	Insulted	Overpowered	Tricked
Betrayed	Intimidated	Overworked	Unaccepted
Caged	Invalidated	Patronized	Unappreciated
Cheated	Invisible	Pressured	Unheard
Cornered	Isolated	Put down	Unseen
Criticized	Judged	Provoked	Unwanted
Disrespected	Left out	Rejected	Used
Dumped on	Let down	Smothered	Violated

Words that describe what we think about ourselves. (We are really judging ourselves)

Guilty	Insecure	Unimportant
Inadequate	Stupid	Unworthy
Weak	Dumb	Worthless