

## Feelings when my needs are fulfilled

## Feelings when my needs are not fulfilled



### Physical feelings

relaxed  
comfortable  
energetic  
centered  
balanced  
big  
soft  
strong  
lively  
in flow  
full  
free

### Well-rested

refreshed  
restored  
recharged  
awake  
alert

### Peaceful

calm  
quiet  
bright  
zen  
at ease  
relieved  
serene  
carefree  
unconcerned

**Satisfied**  
fulfilled  
satisfied  
content

**Cheerful**  
happy  
amused  
joyous  
cheerful  
delighted  
ecstatic

**Enthusiastic**  
excited  
adventurous  
playful  
lively  
eager  
passionate  
thrilled  
radiant

**Loving**  
tender  
warm  
openhearted  
compassionate  
friendly  
sympathetic  
touched

**Thankful**  
grateful  
moved  
touched

**Amazed**  
surprised  
flabbergasted

**Hopeful**  
heartened  
encouraged  
desirous  
optimistic

**Curious**  
fascinated  
interested  
engaged  
involved  
inspired

**Confident**  
resolute  
confident  
powerful  
open  
proud  
safe

**Physical feelings**  
pain  
limp  
empty  
small  
smothered  
short of breath  
tense  
wretched  
sick

**Sad**  
disappointed  
dispirited  
melancholic  
depressed  
down  
gloomy  
desirous  
nostalgic

**Regret**  
guilty  
repentance

**Worried**  
tense  
nervous  
anxious

**Pain**  
hurt  
lonely  
wretched  
mourning

**Vulnerable**  
fragile  
uncertain  
sensitive

**Tired**  
defeated  
burnt-out  
exhausted  
sleepy  
weary

**Withdrawn**  
bored  
detached  
isolated  
alienated  
apathetic  
cold  
numb  
impatient

**Ashamed**  
guilty  
embarrassed  
shy

**Desperate**  
helpless  
hopeless  
powerless  
uncertain

**Skeptical**  
torn  
lost  
bewildered  
perplexed  
confused

**Scared**  
afraid  
suspicious  
panic  
paralyzed  
startled  
anxious

**Uncomfortable**  
troubled  
nervous  
restless  
uncertain  
insecure

**Envious**  
jealous

**Shocked**  
startled  
upset  
surprised  
disturbed  
alert  
panic  
overwhelmed

**Frustrated**  
irritated  
annoyed  
impatient  
embittered  
irritable

**Rage**  
angry  
mad  
upset  
furious  
resentful

**Hate**  
hostile  
aversion  
bitter  
loathing  
contempt

## Needs

### **Physical well-being**

air  
food  
water  
shelter  
protection  
(emotional)  
safety  
movement  
rest  
sleep  
touch  
sexual  
  expression  
health  
comfort  
warmth

### **Harmony**

peace  
tranquility  
relaxation  
beauty  
order  
ease  
predictability  
familiarity  
stability  
balance  
completion  
wholeness

### **Autonomy**

choice  
freedom  
time  
space  
independence

### **Power**

self-esteem  
confidence  
dignity  
inner power  
empowerment  
competence  
effectiveness

### **Pleasure**

to celebrate  
to mourn  
flow  
humor  
laughter  
vitality  
challenge  
stimulation

### **Connection**

collaboration  
reciprocity  
communication  
company  
to belong  
durability  
continuity  
to give  
to receive  
to see / to be seen  
to hear / to be heard  
to understand  
to be understood

### **Liveliness**

to discover  
adventure  
passion  
spontaneity  
play

### **Authenticity**

honesty  
integrity  
transparency  
openness  
self-expression

### **Meaning**

to learn  
growth  
to contribute  
to enrich life  
hope  
creativity  
inspiration  
purpose  
clarity  
awareness  
liberation  
transformation  
to matter  
participate  
to be present  
simplicity

### **Love and attention**

love  
compassion  
care  
attention  
acceptance  
appreciation  
reassurance  
affection  
trust  
involvement  
respect  
care  
support  
nearness  
intimacy  
tenderness  
softness  
sensitivity  
friendliness



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