

Feelings Related to Unmet Needs

www.metamentoring.ca
Created by E. Fleming
based on the work of
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Sad

- miserable
- disappointed
- disheartened
- ashamed
- depressed
- discouraged
- lonely
- hurt/vulnerable
- anguished
- pessimistic
- heartbroken
- regretful
- hopeless
- longing
- nostalgic
- wistful
- pining

Afraid

- apprehensive/wary
- dread
- frightened
- mistrustful/suspicious
- anxious/nervous/
restless
- numb
- tense/edgy/stressed
- worried
- jealous/envious
- overwhelmed
- guilty/ashamed
- alarmed
- panicky
- shocked
- horrified
- terrified
- unnerved
- self-conscious

Mad

- restless
- exasperated
- agitated
- annoyed
- irritated/irked
- impatient
- resentful
- upset
- frustrated
- bitter
- disgusted
- furious
- outraged
- resentful

Confused

- uncomfortable
- uneasy
- disturbed
- troubled
- unsettled
- hesitant
- cautious
- puzzled
- torn/unsure
- unclear
- bewildered
- skeptical
- wary
- suspicious
- discombobulated

Aversion

- animosity
- appalled
- disgusted
- hostile
- contempt
- dislike
- repulsed

Vulnerable

- fragile
- guarded
- insecure
- leery
- reserved
- sensitive
- shaky

Tired

- distracted
- fragile
- lethargic
- weary
- fatigued
- depleted
- overwhelmed
- exhausted
- frazzled
- burned out

Ashamed

- awkward
- guilty
- embarrassed
- humiliated
- mortified
- flustered

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Peaceful

- calm
- clear headed
- centered
- content
- relaxed
- comfortable
- confident
- content/satisfied
- fulfilled
- mellow
- serene/quiet
- amazed
- awed
- secure
- tranquil
- trusting

Happy

- relieved
- proud
- satisfied
- encouraged
- grateful
- appreciative
- happy/ecstatic
- hopeful
- inspired
- excited
- delighted
- elated
- blissful
- glad
- joyful
- elated

Affectionate

- loving
- warm
- nurtured
- giving
- tender
- fulfilled
- aroused
- compassionate
- friendly
- open-hearted

Playful

- stimulated
- fascinated
- curious
- free
- adventurous
- eager
- energetic
- alert
- engrossed
- joyful

Excited

- amazed
- animated
- eager
- energetic
- enthusiastic
- giddy
- hopeful
- vibrant
- exuberant

Grateful

- appreciative
- hopeful
- moved
- touched
- inspired
- awed
- wonder

Proud

- confident
- self-assured
- pleased
- brave
- empowered
- effectual

Refreshed

- rested
- revived
- restored
- enlivened
- rejuvenated

Universal Human Needs

Physical/Survival

- safety/security
- protection
- touch
- health
- rest/relaxation
- air/food/water
- shelter
- sensory stimulation
- movement/exercise
- sexual expression

Meaning

- to live in accordance to one's values
- authenticity (to be true to one's self)
- effectiveness
- honesty (that allows us to learn from our limitations)
- purpose/meaning
- self-worth /self-respect
- hold or pursue dreams
- self-expression

Freedom

- to choose one's goals & values and ways to realize them
- independence
- choice
- empowerment
- freedom (emotional, spiritual, and physical)

Mental

- clarity/ understanding
- learning/challenge
- stimulation / excitement/ inspiration /
- consistency/order
- ease/ balance /flow
- creativity
- beauty
- order
- inspiration
- adventure
- variety/ diversity

Connection

- to receive and extend to others
- respect, acceptance, validation, consideration
- reassurance, trust
- appreciation
- community
- compassion
- connection
- contribution
- cooperation, collaboration, mutuality
- empathy
- support
- equality, inclusion, belonging
- love
- to be seen, to be heard, to matter
- peace, harmony

Regeneration

- mourning loved ones, limitations
- leisure
- play /fun
- gratitude
- celebration
- pleasure/ enjoyment/ humor
- grieving unfulfilled visions
- self-connection
- hope
- to matter