

FEELINGS WHEN NEEDS ARE FULFILLED

Happy

Amused
Delighted
Glad
Joyful
Jubilant
Merry
Pleased
Tickled
Overjoyed

Inspired

Awed
Enthused
Moved
Stirred
Trusting
Wonder
Wonderment

Exhilarated

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled
Electrified
Euphoric

Refreshed

Enlivened
Recharged
Rejuvenated
Renewed
Rested
Restored
Revived

Excited

Activated
Alert
Amazed
Animated
Ardent
Aroused
Dazzled
Eager
Encouraged
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Psyched
Surprised
Vibrant

Engaged

Absorbed
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

Hopeful

Expectant
Jazzed
Optimistic
Up

Peaceful

Calm
Centered
Comfortable
Contemplative
Content
Equanimous
Fulfilled
Mellow
Open
Quiet
Reflective
Relaxed
Relieved
Satisfied
Self-Connected
Serene
Still
Tranquil

Affectionate

Appreciative
Compassionate
Friendly
Fond
Grateful
Loving
Openhearted
Tender
Thankful
Touched
Warm

FEELINGS WHEN NEEDS ARE UNFULFILLED

Sad

Depressed
Dejected
Despairing
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy-hearted
Hopeless
Melancholy
Miserable
Unhappy

Pain

Agony
Anguish
Bereaved
Devastated
Grieving
Heartbroken
Hurt
Regretful
Remorseful

Angry

Enraged
Furious
Incensed
Irate
Livid
Outraged
Resentful

Annoyed

Aggravated
Bothered
Disgruntled
Displeased
Exasperated
Frustrated
Irritated
Irk
Miffed
Peeved

Averse

Appalled
Contemptuous
Disgusted
Disliking
Hateful
Horrificed
Hostile
Repulsed

Afraid

Apprehensive
Dreading
Fearful
Frightened
Mistrustful
Panicked
Petrieved
Scared
Terrified
Wary
Worried

Tense

Anxious
Cranky
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Stressed-out
Tension

Confused

Ambivalent
Baffled
Bewildered
Conflicted
Dazed
Lost
Mixed
Mystified
Perplexed
Puzzled
Torn

Vulnerable

Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Shaky

Yearning

Envious
Jealous
Lonely
Longing
Nostalgic
Pining
Wistful

Disquieted

Activated
Alert
Agitated
Alarmed
Antsy
Concerned
Discombobulated
Discomfort
Disconcerted
Dismayed
Distraught
Distressed
Disturbed
Perturbed
Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

Embarrassed

Ashamed
Chagrined
Flustered
Mortified
Self-Conscious

Disconnected

Apathetic
Bored
Cold
Detached
Distant
Indifferent
Numb
Removed
Withdrawn

Fatigued

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

NEEDS

Acceptance

Acknowledgment
Appreciation
Gratitude
Reassurance
Representation
Self-Acceptance
Self-Respect
Support
To Be Heard
To Be Known
To Be Met
To Be Seen
To Matter

Care

Affection
Closeness
Compassion
Consideration
Empathy
Intimacy
Love
Mutuality
Nurturing
Reciprocity
Self-Care

Connection

Belonging
Inclusion
Collaboration
Cooperation
Communication
Community
Companionship
Friendship
Interdependence
Participation
Partnership
Presence
Self-Connection
Shared Reality
Synergy
Trust

Awareness

Clarity
Consciousness
Discovery
Focus
Learning
Perspective
To Know
To See
Understanding

Meaning

Challenge
Communion
Competence
Contribution
Creativity
Depth
Diversity
Efficiency
Effectiveness
Engagement
Flow
Growth
Honesty
Inspiration
Integration
Integrity
Mourning
Progress
Purpose
Respect

Play

Adventure
Aliveness
Celebration
Excitement
Fun
Humor
Joy
Relaxation
Stimulation

Autonomy

Authenticity
Choice
Dignity
Freedom
Identity
Independence
Power (in Your World)
Security
Self-Expression
Space
Spontaneity

Peace

Balance
Beauty
Consistency
Ease
Equanimity
Faith
Harmony
Hope
Order
Peace of Mind
Stability

Physical Well-Being

Breath
Comfort
Exercise
Health
Hydration
Movement
Nutrition
Rest
Safety
Sexual Expression
Shelter
Touch
Warmth