

Feelings when our needs/values ARE met

AFFECTIONATE

compassionate
fond
loving
openhearted
tender
warm

SELF-CONNECTED

centered
open
relaxed

INSPIRED

amazed
awed
enthused
moved
stirred
wonder

ENGAGED

absorbed
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

REFRESHED

enlivened
recharged
rejuvenated
renewed
rested
restored
revived

GRATEFUL

appreciative
moved
thankful
touched

EXCITED

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

JOYFUL

amused
delighted
glad
happy
jubilant
merry
pleased
tickled
overjoyed

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled
electrified
euphoric
overjoyed

PEACEFUL

calm
comfortable
centered
content
equanimity
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil

HOPEFUL

expectant
excited
jazzed
optimistic
up

Feelings when our needs/values AREN'T met

AFRAID

apprehensive
dread
fearful
foreboding
frightened
mistrustful
panicked
petrified
scared
terrified
wary
worried

ANNOYED

aggravated
bothered
disgruntled
displeased
exasperated
frustrated
irritated
irked
miffed
nettled
peevd

ANGER

angry
enraged
furious
incensed
irate
livid
outraged
resentful

CONFUSED

ambivalent
baffled
bewildered
dazed
lost
mixed
mystified
perplexed
puzzled
torn

DISQUIET

agitated
alarmed
concerned
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
wiped out
worn out

AVERSION

animosity
appalled
contempt
disgust
dislike
hate
horrified
hostile
repulsion

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
shaky

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurting
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despairing
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
miserable
unhappy

DISCONNECTED

apathetic
bored
cold
detached
distant
distracted
indifferent
numb
withdrawn

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

UNIVERSAL NEEDS/VALUES

CONNECTION	ATTACHMENT NEEDS	AUTONOMY
Acceptance/self-acceptance affection appreciation belonging care/self-care cooperation communication closeness community communion companionship compassion consideration consistency empathy friendship inclusion inspiration integrity intimacy love mutuality nurturing partnership presence respect/self-respect safety security stability support to know and be known to see and be seen trust warmth	Appreciation Comfort/soothing To be prioritized/to feel special To be needed Reassurance Romance We're a team To be taken care of HONESTY authenticity integrity presence PLAY joy humor adventure excitement fun relaxation relaxation PEACE beauty communion ease equality harmony inspiration order peace-of-mind balance	choice freedom independence space spontaneity self-expression MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning movement participation perspective presence progress purpose self-expression stimulation to matter understanding