

Feelings

Affectionate

Compassionate

Friendly

Loving

Empathic

Tender

Confident

Empowered

Open

Proud

Safe

Secure

Engaged

Absorbed

Curious

Fascinated

Spellbound

Excited

Eager

Enthusiastic

Passionate

Surprised

Exhilarated

Blissful

Enthralled

Thrilled

Grateful

Moved

Touched

Hopeful

Expectant

Encouraged

Optimistic

Inspired

Amazed

Awed

In wonder

Joyful

Amused

Delighted

Happy

Jubilant

Pleased

Peaceful

Calm

Clear

Content

Fulfilled

Grounded

Relaxed

Relieved

Satisfied

Trusting

Refreshed

Enlivened

Rejuvenated

Rested

Restored

Revived

Afraid

Dread

Mistrustful

Panicked

Terrified

Wary

Worried

Angry

Enraged

Furious

Indignant

Livid

Outraged

Resentful

Annoyed

Aggravated

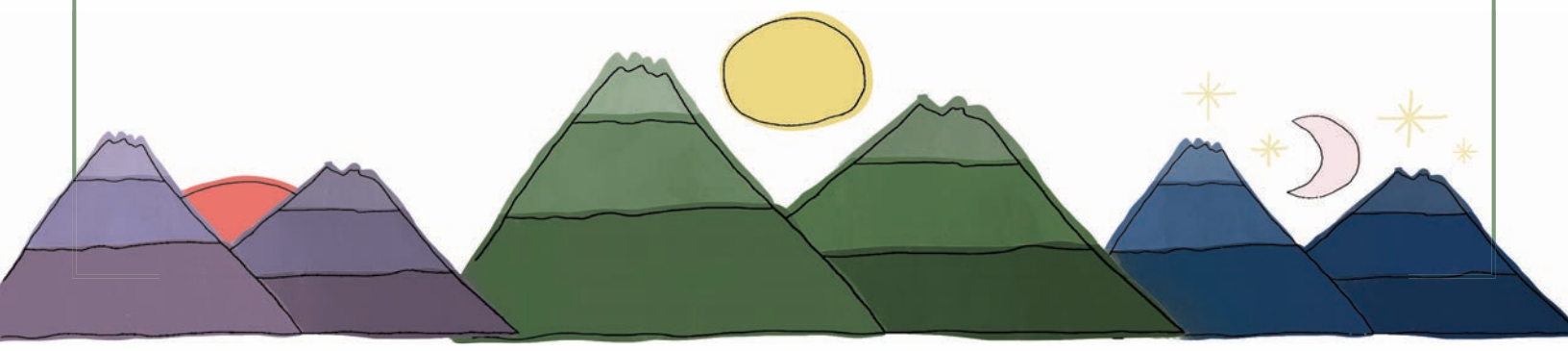
Dismayed

Exasperated

Frustrated

Impatient

Irritated



■ *Aversion*
■ Animosity
■ Appalled
■ Contempt
■ Disgust
■ Dislike
■ Hate
■ Horrified
■ Hostile
■ Repulsed

■ *Confused*
■ Ambivalent
■ Bewildered
■ Dazed
■ Hesitant
■ Lost
■ Mystified
■ Puzzled
■ Torn

■ *Disconnected*
■ Alienated
■ Apathetic
■ Bored
■ Detached
■ Distant
■ Distracted
■ Indifferent
■ Numb
■ Withdrawn

■ *Disquiet*
■ Agitated
■ Alarmed
■ Disturbed
■ Rattled
■ Restless
■ Shocked
■ Startled
■ Troubled
■ Uncomfortable
■ Uneasy
■ Upset

■ *Embarrassed*
■ Ashamed
■ Flustered
■ Guilty
■ Mortified
■ Self-conscious

■ *Fatigue*
■ Burnt out
■ Depleted
■ Exhausted
■ Lethargic
■ Listless
■ Sleepy
■ Weary

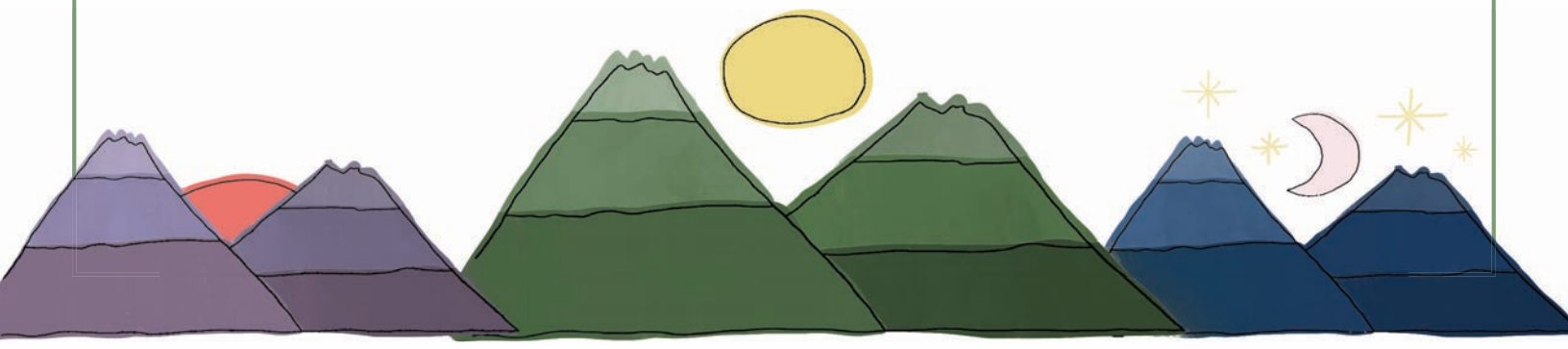
■ *Pain*
■ Agony
■ Anguished
■ Bereaved
■ Devastated
■ Heartbroken
■ Hurt
■ Lonely
■ Miserable
■ Regretful
■ Remorseful

■ *Sad*
■ Depressed
■ Dejected
■ Despairing
■ Despondent
■ Disappointed
■ Discouraged
■ Forlorn
■ Heavy hearted
■ Hopeless
■ Melancholic
■ Unhappy
■ Wretched

■ *Tense*
■ Anxious
■ Cranky
■ Distressed
■ Distraught
■ Edgy
■ Frazzled
■ Irritable
■ Jittery
■ Nervous
■ Overwhelmed
■ Restless
■ Stressed out

■ *Vulnerable*
■ Fragile
■ Guarded
■ Helpless
■ Insecure
■ Leery
■ Reserved
■ Sensitive
■ Shaky

■ *Yearning*
■ Envious
■ Jealous
■ Longing
■ Nostalgic
■ Wistful



Needs

- Autonomy*
- Choice
- Freedom
- Independence
- Space
- Spontaneity

- Connection*
- Acceptance
- Affection
- Appreciation
- Belonging
- Cooperation
- Communication
- Closeness
- Community
- Companionship
- Compassion
- Consideration
- Consistency
- Empathy
- Inclusion
- Intimacy
- Love
- Mutuality
- Nurturing
- Respect/self-respect

- Safety
- Security
- Stability
- Support
- To know and be known
- To see and be seen
- To understand and be understood
- Trust
- Warmth

- Honesty*
- Authenticity
- Integrity
- Presence

- Peace*
- Beauty
- Communion
- Ease
- Equality
- Harmony
- Inspiration
- Order

- Physical Wellbeing*
- Air
- Food
- Movement
- Rest/sleep
- Sexual expression
- Safety
- Shelter
- Touch
- Water

- Play*
- Joy
- Humor

- Meaning*
- Awareness
- Celebration of life
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Hope
- Learning
- Mourning
- Participation
- Purpose
- Self-expression
- Stimulation
- To matter
- Understanding

