

# 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

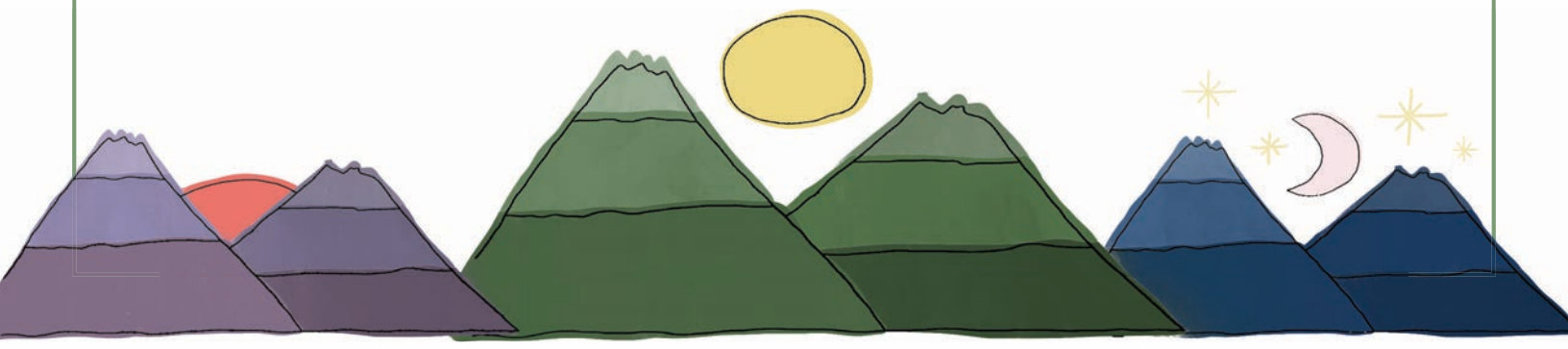
☐ Dismayed

☐ 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☐ Withdrawn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

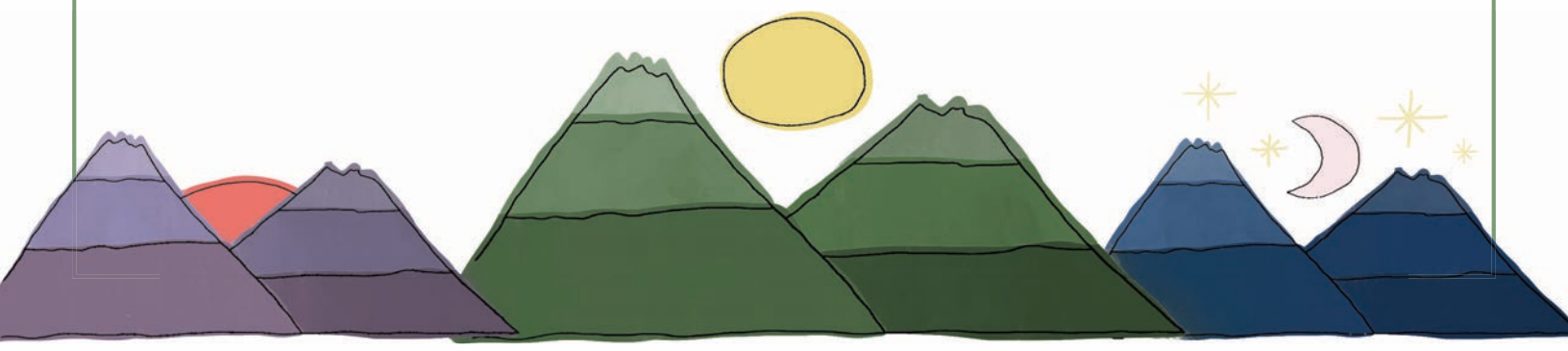
☐ *Pain*  
☐ Agony  
☐ Anguished  
☐ Bereaved  
☐ Devastated  
☐ Heartbroken  
☐ Hurt  
☐ Lonely  
☐ Miserable  
☐ Regretful  
☐ Remorseful

☐ *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

