Needs We All Have

**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

**PHYSICAL WELL-BEING**
- air
- food
- movement/exercise
- rest/sleep
- sexual expression
- safety
- shelter
- touch
- water

**HONESTY**
- authenticity
- integrity
- presence

**PLAY**
- joy
- humor

**PEACE**
- beauty
- communion
- ease
- equality
- harmony
- inspiration
- order

**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

**AUTONOMY**
- choice
- freedom
- independence
- space
- spontaneity

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Feelings When Your Needs Are Satisfied

**AFFECTIONATE**
compassionate
delighted
loving
open hearted
sympathetic
tender
warm

**CONFIDENT**
empowered
open
proud
safe
secure

**ENGAGED**
absorbed
alert
curious
gengrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

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

**EXHILARATED**
blissful
delirious
deelastic
elated
enthusiastic
exhilarated
exuberant
radiant
rapturous
thrilled

**GRATEFUL**
appreciative
moved
thankful
enlightened

**HOPEFUL**
eager
encouraged
optimistic

**JOYFUL**
amused
delighted
glad
happy
jubilant
pleased
tickled

**PEACEFUL**
calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
renewed
satisfied
serene
still
tranquil
trusting

**REFRESHED**
enlivened
rejuvenated
renewed
rested
restored
revived
Feelings When Your Needs Are Not Satisfied

AFRAID
- apprehensive
- dread
- foreboding
- frightened
- mistrustful
- panicked
- petrified
- scared
- suspicious
- terrified
- wary
- worried

ANNOYED
- aggravated
- dismayed
- disgruntled
- displeased
- exasperated
- frustrated
- impatient
- iritated
- irked

ANGRY
- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- resentful

AVERSION
- animosity
- appalled
- contempt
- disgusted
- dislike
- hate
- horrified
- hostile
- repulsed

CONFUSED
- ambivalent
- baffled
- bewildered
- dazed
- hesitant
- lost
- mystified
- perplexed
- puzzled
- torn

DISCONNECTED
- alienated
- aloof
- apathetic
- bored
- cold
- detached
- distant
- distracted
- indifferent
- numb
- removed
- uninterested
- withdrawn

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

EMBARRASSED
- ashamed
- chagrined
- flustered
- guilty
- mortified
- self-conscious

FATIGUE
- beat
- burnt out
- depleted
- exhausted
- lethargic
- listless
- sleepy
- tired
- weary
- worn out

PAIN
- agony
- anguished
- bereaved
- devastated
- grief
- heartbroken
- hurt
- lonely
- miserable
- regretful
- remorseful

SAD
- depressed
- dejected
- despair
- despondent
- disappointed
- discouraged
- disheartened
- forlorn
- gloomy
- heavy hearted
- hopeless
- melancholy
- unhappy
- wretched

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

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

YEARNING
- envious
- jealous
- longing
- nostalgic
- pining
- wistful

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