

**FEELINGS WE MAY EXPERIENCE WHEN THINGS ARE GOING THE WAY WE WANT  
(NEEDS ARE MET)**

<b>AFFECTIONATE</b>	<b>EXCITED</b>	<b>GRATEFUL</b>	<b>PEACEFUL</b>
Compassionate	Amazed	Appreciative	Calm
Friendly	Animated	Moved	Clear-headed
Loving	Ardent	Thankful	Comfortable
Open-hearted	Aroused	Touched	Centered
Sympathetic	Dazzled	Pleased	Content
Tender	Eager	<b>Hopeful</b>	Equanimity
Warm	Energetic	Expectant	Fulfilled
<b>CONFIDENT</b>	Enthusiastic	Encouraged	Mellow
Empowered	Giddy	Optimistic	Quiet
Open	Invigorated	<b>JOYFUL</b>	Relaxed
Proud	Lively	Amused	Relieved
Safe	Passionate	Delighted	Satisfied
Secure	Surprised	Glad	Serene
<b>ENGAGED</b>	Vibrant	Happy	Still
Absorbed	<b>EXHILARATED</b>	Jubilant	Tranquil
Alert	Blissful	Pleased	Trusting
Curious	Ecstatic	Tickled	<b>REFRESHED</b>
Engrossed	Elated	<b>INSPIRED</b>	Enlivened
Enchanted	Enthralled	Amazed	Rejuvenated
Entranced	Exuberant	Awed	Renewed
Fascinated	Radiant	Wonder	Rested
Interested	Rapturous		Restored
Intrigued	thrilled		Revived
Involved			
Spellbound			
Stimulated			

**FEELINGS WE EXPERIENCE WHEN THINGS ARE NOT GOING THE WAY WE WANT  
(NEEDS ARE UNMET)**

<b>AFRAID</b>	<b>CONFUSED</b>	<b>EMBARRASSED</b>	<b>TENSE</b>
Apprehensive	Ambivalent	Ashamed	Anxious
Dread	Baffled	Chagrined	Cranky
Foreboding	Bewildered	Flustered	Distressed
Frightened	Dazed	Guilty	Distraught
Mistrustful	Hesitant	Mortified	Edgy
Panicked	Lost	<b>FATIGUE</b>	Fidgety
Petrified	Mystified	Beat	Frazzled
Scared	Perplexed	Burnt out	Irritable
Suspicious	Puzzled	Depleted	Jittery
Terrified	Torn	Exhausted	Nervous
Wary	<b>DISCONNECTED</b>	Lethargic	Overwhelmed
Worried	Alienated	Listless	Restless
<b>ANNOYED</b>	Aloof	Sleepy	Stressed out
Aggravated	Apathetic	Tired	<b>VULNERABLE</b>
Dismayed	Bored	Weary	Fragile
Disgruntled	Cold	Worn out	Guarded
Displeased	Detached	<b>PAIN</b>	Helpless
Exasperated	Distant	Agony	Insecure
Frustrated	Distracted	Anguished	Leery
Impatient	Indifferent	Bereaved	Reserved
Irritated	Numb	Devastated	Sensitive
Irked	Removed	Grief	Shaky
<b>ANGRY</b>	Withdrawn	Heartbroken	<b>YEARNING</b>
Enraged	<b>DISQUIET</b>	Hurt	Envious
Furious	Agitated	Lonely	Jealous
Incensed	Alarmed	Miserable	Longing
Indignant	Discombobulated	Regretful	Nostalgic
Irate	Disconcerted	Remorseful	Pining
Livid	Disturbed	<b>SAD</b>	Wistful
Outraged	Perturbed	Depressed	
Resentful	Rattled	Dejected	
<b>AVERSION</b>	Restless	Despair	
Animosity	Shocked	Despondent	
Appalled	Startled	Disappointed	
Contempt	Surprised	Discouraged	
Disgusted	Troubled	Disheartened	
Dislike	Turbulent	Forlorn	
Hate	Turmoil	Gloomy	
Horrified	Uncomfortable	Heavy-hearted	
Hostile	Uneasy	Hopeless	
	Unnerved		

## NEEDS/INTERESTS

<b>CONNECTION</b>	<b>PEACE</b>	<b>MEANING</b>
Acceptance	Beauty	Awareness
Acknowledgement	Comfort	Understanding
Affection	Ease	Celebration (of life)
Appreciation	Harmony	Challenge
Closeness	Inspiration	Clarity
Compassion	Order	Competence
Empathy	Tranquility	Consciousness
Inclusion		Contribution
Intimacy	<b>AUTONOMY</b>	Creativity
Love	Freedom	Discovery
Nurturing	Independence	Efficacy
Self-respect	Individuality	Effectiveness
To hear and be heard	Choice	Growth
To know and be known		Learning
To see and be seen	<b>PHYSICAL WELL-BEING</b>	Mourning
To understand and be understood	Air	Participation
Trust	Food	Self-expression
Warmth	Movement/exercise	Stimulation
	Rest/sleat	Purpose
<b>INTERCONNECTEDNESS</b>	Safety/protection	
Belonging	Shelter	<b>HONESTY</b>
Communication	Touch	Authenticity
Community	Water	Integrity
Cooperation		Presence
Companionship	<b>PLAY</b>	
Consideration	Joy	
Consistency	Humor	
Information	Fun	
Mutuality		
Respect		
Reliability		
Safety		
Security		
Stability (financial, emotional)		
Friendship/Relationship		