

## *Universal Needs*

Belonging – identity, community, participation, receptiveness, interdependence, trust, bonding, inclusion, cooperation, unity, synergy, integration, loyalty, participation, partnership, social acceptance, empathy, acknowledgment, community, group identity, connection, respect, consideration, support, emotional freedom, emotional safety

Freedom – autonomy, authenticity, self expression, celebration, vitality, humor, passion, creativity, imagine, dream, romance, inspiration, direction, independence, choice, individuality, space, spontaneity, will, self-empowerment, options

Meaning – purpose, conviction, awareness, clarity, consciousness, creativity, hope, learning, purpose, effectiveness, growth, discovery, spirituality, aesthetics, bliss, order, serenity, grace, faith, inspiration, hope, passion, transcendence, communion, celebration, presence, God, accomplishment, mourning, celebrating grief, learning, mastery, competence, self-awareness

Understanding – clarity, comprehension, open-mindedness, awareness, belief, reflection, discrimination, critical capacity, curiosity, intuition, honesty, integrity, openness, trust, respect, equality, centeredness, identity, respect, composure, mental stimulation, communication, focus, discernment, memory

Connection - love, esteem, affection, warmth, closeness, respect, sensuality, intimacy, companionship, mutuality, nurturance, touch, physical affection, sensitivity, tenderness, caring, bonding, comfort, appreciation, empathy, support, consideration

Authenticity – expression, celebration, vitality, humor, passion, creativity, imagination, dream, romance, inspiration, integrity, presence, openness, trust, respect, equality

Contribution – generosity, creation, imagination, boldness, inventiveness, curiosity, vision, dreams, passion, mastery, growth, service, enrichment, empowerment, support, acknowledgement, assistance, building, change, encouragement, energy, help, facilitation, nurturance, appreciation

Leisure – play, recreation, imagination, tranquility, spontaneity, adventure, challenge, daring, risk-taking, thrill, fun, humor, amusement, laughter, pleasure, sensuality, harmony, peace, security, order, mischief, consistency, calm, stability, relaxation, comfort, ease, solitude, ecstasy, delight, stimulation, excitement, beauty, dance, music, art, humor

Subsistence – air, food, health, movement, nutrition, physical survival, rest, safety, sex, sleep, shelter, water

## ***Feelings When Needs are Met***

Affectionate – amorous, compassionate, friendly, loving, nurturing, open-hearted, sympathetic, tender, warm

Engaged – absorbed, adventurous, alert, curious, eager, fascinated, interested, intrigued, involved, playful, touched

Excited – amazed, astonished, eager, energetic, enthusiastic, invigorated, motivated, passionate, surprised, stimulated

Grateful – appreciative, moved, thankful

Hopeful – awed, confident, empowered, encouraged, expectant, inspired, open, optimistic, safe, secure, uplifted

Joyful – amused, delighted, glad, happy, pleased, tickled, thrilled

Peaceful – blissful, calm, comfortable, centered, composed, content, fulfilled, grounded, relaxed, satisfied, serene

Refreshed – energized, enlivened, rejuvenated, relieved, renewed, rested, restored, revived

## ***Feelings When Needs are NOT Met***

Confused – anxious, embarrassed, hesitant, insecure, jittery, nervous, perplexed, puzzled, reluctant, skeptical, torn, uneasy

Scared – afraid, alarmed, distressed, fearful, horrified, nervous, shocked, tearful, terrified, regretful, worried

Angry – annoyed, aggravated, bitter, disappointed, enraged, exasperated, frustrated, furious, hostile, infuriated, mad, upset

Disinterested – alienated, ambivalent, apathetic, bored, disconnected, distant, distracted, indifferent, lethargic, withdrawn

Tired – drained, dull, exhausted, fatigued, sleepy, weary

Embarrassed – ashamed, chagrined, flustered, guilty, mortified, self-conscious

Grieving – agonizing, anguished, bereaved, devastated, heartbroken, lonely, mourning, regretful, remorseful

Sad – depressed, dejected, despairing, despondent, disappointed, discouraged, disheartened, forlorn, hurt, miserable

Yearning – envious, longing, nostalgic, pining, wistful

Tense – anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, jittery, nervous, overwhelmed, restless, stressed

Vulnerable – fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky, protective

Agitated – alarmed, rattled, restless, disconcerted, disturbed, irritated, shocked, startled, surprised, troubled, uncomfortable, unnerved, unsettled

## ***Pseudo Feelings***

Abandoned, Abused, Attacked, Belittled, Betrayed, Bullied, Cheated, Coerced, Cornered, Degraded, Despised, Detested, Discounted, Disrespected, Distrusted, Hated, Intimidated, Manipulated, Marginalized, Misunderstood, Patronized, Put-Down, Rejected, Ripped off, Shamed, Taken for Granted, Unappreciated, Unpopular, Unwanted, Worthless

I feel that... I feel you... I feel as if... I feel like... I feel she... I feel I...