

FEELINGS

When I'm connected to needs:

Affectionate	Compassionate	Engaged	Grateful	Lively	Proud	Tender
Amazed	Confident	Enlivened	Happy	Loving	Radiant	Thankful
Amused	Content	Enthralled	Giddy	Mellow	Refreshed	Thrilled
Appreciative	Delighted	Enthusiastic	Glad	Moved	Rejuvenated	Tickled
Aroused	Eager	Excited	Hopeful	Open	Relaxed	Touched
Awake	Ecstatic	Exhilarated	Inspired	Openhearted	Relieved	Tranquil
Awe	Elated	Exuberant	Interested	Optimistic	Renewed	Trusting
Blissful	Empowered	Fascinated	Intrigued	Passionate	Rested	Vibrant
Calm	Enchanted	Focused	Invigorated	Peaceful	Satisfied	Warm
Centered	Encouraged	Friendly	Joyful	Pleased	Secure	Wonder
Comfortable	Energetic	Fulfilled	Jubilant	Present	Stimulated	

When I'm wanting more connection to needs:

Afraid	Confused	Distracted	Grumpy	Jittery	Reluctant	Tired
Aggravated	Contempt	Distraught	Guarded	Lethargic	Remorse	Torn
Agitated	Cranky	Distressed	Guilt	Livid	Resentful	Troubled
Agony	Depressed	Disturbed	Hate	Lonely	Restless	Turmoil
Alarmed	Despair	Dread	Heartbreak	Lost	Sad	Uncomfortable
Ambivalent	Despondent	Embarrassed	Heavy-hearted	Miserable	Scared	Uneasy
Angry	Detached	Envious	Helpless	Mistrusting	Self-conscious	Unhappy
Annoyed	Devastated	Exasperated	Hesitant	Mortified	Sensitive	Unnerved
Anxious	Disappointed	Exhausted	Hopeless	Nervous	Shaky	Unsettled
Apathetic	Disconcerted	Fatigue	Horrified	Nostalgic	Shame	Upset
Appalled	Discouraged	Flustered	Hostile	Numb	Shocked	Vulnerable
Apprehensive	Disgruntled	Forlorn	Hurt	Outraged	Sleepy	Wary
Aversion	Disgust	Frazzled	Impatient	Overwhelmed	Startled	Weary
Baffled	Disheartened	Frightened	Indifferent	Pain	Stressed	Wistful
Bewildered	Dismay	Frustrated	Insecure	Panic	Surprised	Withdrawn
Bored	Displeased	Furious	Irate	Perplexed	Suspicious	Worn out
Cold	Displeased	Gloomy	Irritated	Rattled	Tense	Worried
Concerned	Distant	Grief	Jealous	Regret	Terrified	

NEEDS

CONNECTION	COMMUNITY	INTEGRITY	PURPOSE	WELL-BEING
ACKNOWLEDGEMENT	BELONGING	ACCOUNTABILITY	CONTRIBUTION	ACCEPTANCE
APPRECIATION	COLLABORATION	AWARENESS	COMPETENCE	BALANCE
CARE	INCLUSION	CONGRUENCE	DISCOVERY	CLARITY
COMPANIONSHIP	OPENNESS	DEPENDABILITY	EMPOWERMENT	EASE
CONSIDERATION	CELEBRATION	DIGNITY	EFFECTIVENESS	HEALTH
EMPATHY	ALIVENESS	EQUALITY	GROWTH	HOPE
FLEXIBILITY	FUN	HONESTY	INSPIRATION	MOURNING
FRIENDSHIP	JOY	RESPECT	LEARNING	MOVEMENT
KINDNESS	PLAY	SOLIDARITY	MEANING	NATURE
MUTUALITY	LOVE	TRUST	PROGRESS	ORDER
REASSURANCE	AFFECTION	SAFETY	FREEDOM	PEACE
RESPONSIBILITY	CLOSENESS	PRIVACY	AUTHENTICITY	REST
SHARED REALITY	GENTLENESS	PROTECTION	AUTONOMY	SELF-CONNECTION
SHARED VALUES	INTIMACY	SECURITY	CHOICE	SELF-WORTH
SUPPORT	NURTURANCE	SUSTENANCE	SELF-EXPRESSION	SEXUALITY
TO BE SEEN, KNOWN		TO MATTER	SPONTANEITY	SPIRITUALITY
UNDERSTANDING				SPACE