

Feelings

when my needs
are met

when my needs
are unmet

Peaceful

Calm
Satisfied
Rested
Relaxed
Fulfilled

Affectionate

Nurtured
Loving
Passionate
Warm
Thankful

Sad

Lonely
Gloomy
Discouraged
Miserable
Disappointed

Angry

Frustrated
Annoyed
Enraged
Irritated
Resentful

Happy

Excited
Optimistic
Joyful
Delighted
Cheerful

Playful

Appreciative
Energetic
Alive
Enthusiastic
Electrified

Afraid

Anxious
Terrified
Nervous
Worried
Insecure

Confused

Perplexed
Puzzled
Disoriented
Troubled
Unsure

Interested

Curious
Intrigued
Fascinated
Surprised
Inspired

Tired

Exhausted
Indifferent
Fidgety
Overwhelmed
Weary

Needs

Wellbeing

Safety

security
stability
predictability
trust
order

Health

shelter
sleep
food / air /water
sustainability
wellness
movement

Peace

rest
relaxation
calm
ease
play
joy

Connection

Freedom

choice
creativity
fun
spontaneity
wonder

Honesty

authenticity
respect
reliability
integrity
trust
empowerment

Meaning

achievement
gratitude
celebration
mourning
clarity
learning

Self-Expression

Community

belonging
cooperation
support
inclusion
mutuality

Care

acceptance
appreciation
intimacy
kindness
love
touch

Empathy

acknowledgement
consideration
presence
being seen
being heard
understanding