

# WHAT'S REALLY GOING ON WITH MY... NEEDS

## PHYSICAL

air/food/water/light  
comfort  
health  
movement/exercise  
physical contact  
privacy  
rest/sleep/relaxation  
safety/security  
shelter/warmth

## MENTAL

awareness  
clarity/direction  
decision making  
learning/education  
information/data  
knowing  
reflection  
stimulation/challenge

## AUTONOMY

choice  
freedom  
independence  
space/solitude

## CONNECTION

acceptance  
appreciation  
belonging  
care/nurturing  
cooperation  
communication  
closeness/intimacy  
community  
companionship  
compassion  
consideration  
cooperation  
empathy  
exchange  
giving/receiving  
hearing/being heard  
love  
openness  
respect  
sharing/exchange  
support/help  
seeing/being seen  
sensitivity/kindness  
trust  
understanding

## HONESTY/INTEGRITY

authenticity  
effectiveness/progress  
feedback/reflection  
presence  
quality  
sincerity  
transparency  
worthiness

## CREATIVITY

celebration/mourning  
discovery/adventure  
flow  
fun  
generating/making  
growth/progress  
humor/laughter  
inspiration  
lightness  
passion  
play  
self-expression  
spontaneity  
stimulation  
variety/diversity

## PURPOSE/MEANING

challenge  
clarity  
competence/power  
contribution  
hope  
know my place  
participation  
presence  
purpose  
(self)-value/worth  
to matter

## HARMONY

beauty  
calm  
completion  
ease  
equality/fairness  
inspiration  
order  
peace  
predictability  
respect  
stability/balance



**Crisler Coaching & Consulting**  
Coaching, Mediation & Communication Training

clarity ~ balance ~ connection

[www.crislercoaching.com](http://www.crislercoaching.com)

# WHAT'S REALLY GOING ON WITH MY... FEELINGS

When needs are met:

## CALM

centered  
clearheaded  
comfortable  
content  
peaceful  
quiet  
relaxed  
relieved  
rested/restored  
satisfied  
safe  
secure

## HAPPY

delighted  
eager  
joyful  
pleased  
proud  
relieved

## EXCITED/LIVELY

amazed  
energetic  
engaged  
enthusiastic  
fascinated  
inspired  
interested  
intrigued  
passionate  
thrilled

## FRIENDLY/OPEN

confident  
empowered  
encouraged  
sensitive  
trusting  
welcoming

## GRATEFUL

appreciative  
moved  
thankful  
touched

When needs are not met:

## CONFUSED/ DISCOMFORT

cautious  
conflicted  
doubtful  
indifferent  
insecure  
lost  
puzzled  
restless  
shy  
skeptical  
surprised  
torn  
unsure

## FEAR

apprehensive  
frightened  
mistrustful  
panicked  
scared  
suspicious  
terrified  
wary

## FRUSTRATED/ ANGRY

annoyed  
bitter  
cranky  
impatient  
displeased  
disgusted  
furious  
impatient  
irritated  
jealous/envious  
resentful  
upset

## TIRED

distracted  
exhausted  
lethargic  
off center  
overwhelmed  
restless

## SAD

ashamed  
depressed  
disappointment  
discouraged  
despair  
grief  
helpless  
hopeless  
hurt  
lonely  
miserable  
regret/remorse  
vulnerable

## WORRIED/TENSE

alarmed  
alert  
anxious  
concerned  
disturbed  
edgy  
guarded  
nervous  
stressed