

FEELINGS

CALM

safe (emotionally / physically)
calm
care-free
centered
comfortable
content
grounded
peaceful
quiet
relief
restful
satisfaction

HAPPY

delight
cheerful
excitement
joyful
thrilled

OPEN

compassionate
curious
friendly
grateful
impressed
inspiration
optimistic
tender
touched
trusting
warm

EMPOWERED

confident
courageous
energetic
engagement
enthusiastic
hopeful
passionate
proud
strong

VULNERABLE

cautious
confusion
discomfort
doubtful
insecure
lost
off balance
shy
surprise
unsure

AFRAID

frozen
guilt
panicky
scared
shame
suspicious
terrified

ANGRY

frustration
annoyance
crankiness
impatience
dissatisfaction
disgust
furious
irritation
jealousy
powerless
resentful
upset
hatred

TIRED

empty
exhaustion
lethargic
overwhelm

PHYSICAL PAIN

SAD

depression
despair
disappointment
discouragement
grief
helpless
hopeless
hurt / pain
lonely
miserable
regret
unhappy

TENSION

alert
anxious
impatience
nervous
restless
stress
triggered
worry

pleasant: when needs are met

unpleasant: when needs are **not** met

NEEDS

PHYSICAL WELL-BEING

health
safety / security
rest / water / food
protection
movement
physical contact
sexual expression

RELAXATION

balance
beauty
calm
completion
ease
effectivity
flow
harmony
order
peace
predictability
stability

CONNECTION

attention
communication
engagement
exchange
hearing / being heard
openness
seeing / being seen
sharing
trust
understanding

COMPASSION

acceptance
closeness
empathy
intimacy
kindness
love
presence
recognition
warmth

BELONGING

companionship
community
cooperation
have my place
inclusion
participation

CREATIVITY

adventure
fun
inspiration
lightness / humor
passion
play
spontaneity
vitality

CARE

consideration
equity
nurturing
respect
reciprocity
support / help

GROWTH

awareness
challenge
competence
courage
feedback
focus
learning
progress
reflection

MEANING

appreciation
contribution
hope
joy
purpose
quality
value
to matter
healing
mourning
celebration

HONESTY

authenticity
clarity
expression
integrity
sincerity
worthiness

AUTONOMY

choice
empowerment
freedom
independence
resilience
space

