

Feelings When Needs ARE NOT Satisfied



PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

AFRAID

apprehensive
doubtful
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
dull
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
humiliated
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

DEPRESSED

sad
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
lousy
melancholy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless

Faux Feelings (Interpretations often confused as feelings)

ATTACKED ... If I think you're attacking me, I might be feeling scared, hurt or vulnerable

CRITICIZED ... If I think you're criticizing me, I might be feeling anxious, indignant or hurt

LEFT OUT ... If I think you're leaving me out, I might be feeling sad, disappointed - or delighted

USED ... If I think you're using me, I might be feeling wary, resentful or upset

Feelings When Needs ARE Satisfied



Feelings are like our internal thermometers. They tell us whether our needs are being met or not, and how intensely “up” those needs are for us in any given moment. These lists are not definitive, prescriptive nor exhaustive: please add/delete words to make them your own and to reflect what resonates for you.

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

CONFIDENT

empowered
open
proud
safe
secure

HOPEFUL

expectant
encouraged
optimistic

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciated
moved
thankful
touched

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting
alive
at ease
carefree
chilled out
grounded
present

Faux Feelings (Needs often confused as feelings)

SAFE ... If my need for safety is met, I might be feeling relaxed, open or calm

HEARD ... If my need to be heard is met, I might be feeling satisfied, receptive or happy

APPRECIATED ... If my need to be appreciated is met, I might be feeling delighted, joyful and hopeful

Sensations

achy	empty	moist	spacious
airy	energized	moving	spacious breathing
alive	expanding	nauseous	spasming
bloated	faint	numb	spinning
blocked	flaccid	open	sticky
breathless	fluid	paralyzed	still
brittle	flushed	pounding	stretchy
bubbly	flutter	pressure	stringy
burning	frantic	prickly	strong
buzzy	frozen	puffy	suffocating
chilled	full	pulled	sweaty
clammy	furry	pulsing	tender
closed	goose bumpy	quaking	tense
cold	gurgling	quiet	thick
congested	hard	quivering	throbbing
constricted	heavy	radiating	tickly
constricted breath	hot	ragged	tight
contracted	icy	raw	tightness of skin
cool	intense	rolling	tingling
cozy	itchy	shaky	trembly
crampy	jagged	sharp	tremulous
damp	jittery	shimmering	twitchy
dense	jumbly	shivery	vibration
dizzy	jumpy	shudder	warm
dull	knotted	silky	wobbly
elastic	light	smooth	
electric	loose	soft	

Universal Human Needs

PHYSIOLOGICAL

clean air & water
fluid/water
fuel/food
health
movement
nutrition
rest/sleep
shelter
touch
wellness

SELF-PROTECTION

boundaries/limits
emotional safety
privacy
safety
security

FREEDOM

autonomy
choice
dissent
empowerment
power with one's world
self-determination

COMMUNITY

companionship
friendship
interdependence
to share life's joys and sorrows

CONSIDERATION

appreciation
acknowledgement
honoring
respect
dignity

CONSISTENCY

dependability
predictability
stability
reliability

MUTUALITY

equality
fairness
justice
shared awareness
shared reality

INTEGRITY

authenticity
honesty
honor
trust

BELONGING

acceptance
participation
inclusion

EXPRESSION

creativity
differentiation
individuality
novelty

CONTRIBUTION

to help others
to enrich life
to serve life
to use one's gifts
to matter

COMPETENCE

accomplishment
agency
effectiveness
efficacy
mastery

CLARITY

communication
comprehension
discernment
information
insight
shared reality
to make sense of one's world

SUPPORT

encouragement
help
nurturing
reassurance
understanding

INSPIRATION

hope
ideals/heroes/guides
imagination
innovation
vision

BEING SEEN

appreciation
being known
innocence
recognition
to be seen for one's intentions
to be seen for one's striving
to have one's story told

INTIMACY

affection
bonding
closeness
love
presence
tenderness
warmth

SELF-CONNECTION

self-awareness
self-care
self-confidence
self-expression
self-forgiveness
self-love
self-worth/esteem

COMPASSION

empathy
forgiveness
grace
kindness

HARMONY

beauty
comfort
cooperation
ease
grounding
peace
structure

PLAY

aliveness
fun
humor
joy
laughter
passion
sensuality
sexual expression
spontaneity

TRANSCENDENCE

celebration
communion
faith
flow
goodness
meaning
mourning
purpose
tranquility
unity

Faux Needs (STRATEGIES IN DISGUISE)

CONTROL ... trying to meet needs for having power in one's world, security, predictability

MONEY ... a strategy for choices, security, freedom, efficiency

TIME ... often confused with needs for choice, meaning, purpose

ATTENTION ... trying to get needs met to be seen, known, to matter

APPROVAL ... trying to get needs met for being valued, appreciated, mattering

VENTING/PROCESSING ... strategy for empathy, connection, to be heard, understanding