

FEELINGS WHEN NEEDS ARE NOT SATISFIED

AFRAID

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

dislike

hate
horrified
hostile
repulsed

perturbed

rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled/upset

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

DISCONNECTED

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withdrawn

FATIGUE

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

ANGRY

enraged
furious
incensed
indignant
irate
outraged
resentful

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed

AVERSION

animosity
appalled
contempt
disgusted

TURN OVER FOR MORE FEELINGS

FEELINGS WHEN NEEDS ARE NOT MET (Continued)

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn/gloomy
heavy hearted
hopeless
melancholy
unhappy
Wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
Irritable
jittery
nervous

overwhelmed
restless
stressed out

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

FEELINGS WHEN NEEDS ARE SATISFIED

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

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

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

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

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

NEEDS INVENTORY

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect
safety
security
stability
support

PHYSICAL WELLBEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity
to know and be known
to see and be seen
to understand and be
understood
trust
warmth

HONESTY

authenticity
integrity
presence
jittery
nervous
overwhelmed
restless
stressed out