

<u>SENSATIONS</u>	Buzzing	Flushed	Jumpy	Paralyzed	Queasy
Achy	Blocked	Constricted	Foggy	Knotted	Pounding
Beating	Burning	Electric	Hollow	Nauseated	Pressure
	Energized	Jittery	Numb	Quaking	Tight

PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED

AFFECTIONATE	ENGAGED	EXCITED	GRATEFUL	JOYFUL
compassionate	absorbed	amazed	appreciative	amused
friendly	aroused	animated	gratified	cheerful
loving	curious	astonished	moved	happy
open hearted	enthralled	blissful	thankful	playful
sympathetic	fascinated	eager	touched	tickled
tender	interested	ecstatic		
warm	intrigued	elated	HOPEFUL	PEACEFUL
	involved	enthralled	delighted	calm
CONFIDENT	motivated	energetic	expectant	centered
brave	stimulated	enthusiastic	encouraged	content
clear headed	inspired	exhilarated	enlivened	fulfilled
comfortable		giddy	glad	mellow
empowered	REFRESHED	invigorated	optimistic	relaxed
proud	rejuvenated	passionate	pleased	satisfied
safe	rested	surprised	relieved	serene
secure	restored	thrilled	upbeat	tranquil

UNPLEASANT FEELINGS WHEN NEEDS ARE NOT SATISFIED

AFRAID	AVERSION	DISQUIET	FATIGUE	SAD
apprehensive	animosity	alarmed	beat	depressed
dread	appalled	concerned	burnt out	dejected
foreboding	contempt	discombobulated	depleted	despair
frightened	disgusted	dismayed	exhausted	despondent
mistrustful	dislike	disturbed	lethargic	disappointed
panicked	hate	fidgety	listless	discouraged
pessimistic	horrified	puzzled	pooped	disheartened
rattled	repulsed	restless	sleepy	hopeless
scared		shocked	tired	unhappy
suspicious	CONFUSED	skeptical	wearry	
terrified	ambivalent	startled	wiped out	TENSE
trepidation	baffled	surprised	worn out	agitated
worried	bewildered	troubled		anxious
	dazed	uncomfortable	PAIN	cranky
ANGRY	lost	unnerved	aching	distressed
bitter	mystified	unsettled	agony	grumpy
enraged	perplexed		anguished	hesitant
furious	ton	EMBARRASSED	bereaved	irritable
hostile		ashamed	burning	nervous
irate	DISCONNECTED	chagrined	devastated	overwhelmed
livid	alienated	flustered	discomfort	restless
outraged	aloof	guilty	grief	stressed out
resentful	apathetic	mortified	heartbroken	
upset	bored	self-conscious	hungry	VULNERABLE
	cold		hurt	fragile
ANNOYED	detached	YEARNING	lonely	guarded
aggravated	dissociated	craving	miserable	helpless
disgruntled	distant	envious	regretful	insecure
displeased	distracted	hankering	remorseful	leery
exasperated	indifferent	jealous	sick	reserved
frustrated	numb	longing	sore	reluctant
impatient	removed	nostalgic	strained	sensitive
irritated	uninterested	pining	tormented	tender
irked	withdrawn	wistful		

NEEDS

CONNECTION	HONESTY
acceptance	authenticity
acknowledgment	integrity
affection	openness
appreciation / gratitude	presence
belonging	privacy
care	transparency
cooperation	trust
communication	MEANING
closeness	achievement
community	awareness
companionship	celebration
compassion	challenge
consideration	clarity
consistency	competence
dignity	consciousness
empathy	contribution
friendship	creativity
inclusion	discovery
intimacy	efficacy
love	effectiveness
mutuality	feedback
nurturing	growth
protection	hope
reassurance	learning
reciprocity	mourning
respect	mystery
safety	participation
security	purpose
shared reality	self-acceptance
stability	self-expression
support / help to know and be known	stimulation
to see and be seen	to matter
to understand and be understood	PEACE
warmth	balance
	comfort
AUTONOMY	communion
choice	ease
freedom	equality
independence	harmony
power in your world	inspiration
self determination	order
space	predictability
spontaneity	structure
	PHYSICAL WELL-BEING
PLAY	air, food, water
fun	movement
joy	rest/sleep
humor	sexual expression
	safety
	shelter
	touch

