

SENSATIONS

Buzzing	Flushed	Jumpy	Paralyzed	Queasy
Constricted	Foggy	Knotted	Pounding	Racing
Electric	Hollow	Nauseated	Pressure	Shaking
Energized	Jittery	Numb	Quaking	Tight

PLEASANT FEELINGS WHEN NEEDS ARE SATISFIED

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

brave
clear headed
comfortable
empowered
proud
safe
secure

ENGAGED

absorbed
aroused
curious
enthralled
fascinated
interested
intrigued
involved
motivated
stimulated
inspired

REFRESHED

rejuvenated
rested
restored

EXCITED

amazed
animated
astonished
blissful
eager
ecstatic
elated
enthralled
energetic
enthusiastic
exhilarated
giddy
invigorated
passionate
surprised
thrilled

GRATEFUL

appreciative
gratified
moved
thankful
touched

HOPEFUL

delighted
expectant
encouraged
enlivened
glad
optimistic
pleased
relieved
upbeat

JOYFUL

amused
cheerful
happy
playful
tickled

PEACEFUL

calm
centered
content
fulfilled
mellow
relaxed
satisfied
serene
tranquil

UNPLEASANT FEELINGS WHEN NEEDS ARE NOT SATISFIED

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
pessimistic
rattled
scared
suspicious
terrified
trepidation
worried

ANGRY

bitter
enraged
furious
hostile
irate
livid
outraged
resentful
upset

ANNOYED

aggravated
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
lost
mystified
perplexed
torn

DISCONNECTED

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withdrawn

DISQUIET

alarmed
concerned
discombobulated
dismayed
disturbed
fidgety
puzzled
restless
shocked
skeptical
startled
surprised
troubled
uncomfortable
unnerved
unsettled

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

YEARNING

craving
envious
hankering
jealous
longing
nostalgic
pining
wistful

FATIGUE

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

PAIN

aching
agony
anguished
bereaved
burning
devastated
discomfort
grief
heartbroken
hungry
hurt
lonely
miserable
regretful
remorseful
sick
sore
strained
tormented

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
hopeless
unhappy

TENSE

agitated
anxious
cranky
distressed
grumpy
hesitant
irritable
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
reluctant
sensitive
tender

NEEDS

CONNECTION

acceptance
acknowledgment
affection
appreciation /
gratitude
belonging
care
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
dignity
empathy
friendship
inclusion
intimacy
love
mutuality
nurturing
protection
reassurance
reciprocity
respect
safety
security
shared reality
stability
support / help
to know and be
known
to see and be
seen
to understand
and be
understood
to be seen for
ones efforts
warmth

AUTONOMY

choice
freedom
independence
power in your
world
self determination
space
spontaneity

PLAY

fun
joy
humor

At a Glance

HONESTY

authenticity
equity
integrity
openness
presence
privacy
transparency
trust

MEANING

achievement
awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
feedback
growth
hope
learning
mourning
mystery
participation
purpose
self-acceptance
self-expression
stimulation
to matter

PEACE

balance
comfort
communion
ease
equality
harmony
inspiration
order
predictability
structure

PHYSICAL

WELL-BEING

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