

Feelings ☺

Delighted	Relaxed
Joyful	Relieved
Happy	Rested
Amused	Mellow
Adventurous	At ease
Blissful	Light
Elated	
Thankful	Content
Appreciative	Cheerful
Moved	Glad
Touched	Comfortable
Tender	Pleased
Expansive	
Grateful	Friendly
	Affectionate
Excited	Loving
Enthusiastic	Passionate
Overjoyed	
Fervent	Energetic
Giddy	Exhilarated
Eager	Exuberant
Ecstatic	Vigorous
Thrilled	
	Alert
Satisfied	Focused
Fulfilled	Awake
Gratified	Clearheaded
Interested	Peaceful
Curious	Tranquil
Absorbed	Serene
	Calm
Healthy	
Empowered	Confident
Alive	Secure
Robust	Safe
	Hopeful

Feelings ☹

Scared	Angry
Apprehensive	Furious
Dread	Rage
Worried	Irate
Panicky	Resentful
Frightened	
Nervous	Frustrated
Jittery	Disappointed
Anxious	Discouraged
Restless	Disheartened
	Impatient
Tense	Shocked
Cranky	Disturbed
Stiff	Stunned
Stressed	Alarmed
Overwhelmed	Appalled
Agitated	Concerned
Aggravated	Horried
Uneasy	
Hurt	Sad
Pain	Grief
Agony	Despair
Anguish	Gloomy
Heartbroken	Sullen
Lonely	Downhearted
Depressed	Torn
Disconnected	Ambivalent
Detached	Confused
Despondent	Puzzled
Dejected	
Bored	Jealous
	Envious
Tired	Bitter
Burnt Out	
Exhausted	Embarrassed
Lethargic	Ashamed
Beat	Chagrined
Dull	Contrite

Needs

Appreciation	Empathy
Acknowledgement	Consideration
To be seen	Compassion
To be known	Connection
	Communication
Honesty	Reassurance
Integrity	Love/Warmth
Authenticity	Intimacy
Wholeness	Companionship
Fairness	Acceptance
Community	Nurturing
Communion	Touch
Belonging	Affection
Friendship	Caring
Companionship	Preservation of Life
Respect	Bonding
Support	Comfort
Trust	
Cooperation	Sustenance
Mutuality	Security
	Safety
Purpose	Food/water/Shelter
Competence	Health
Contribution	Rest/Sleep
Meaning	
Growth	Celebration
Learning	Honor
Challenge	Aliveness
Work	Spontaneity
Discovery	Mourning
Order / Structure	Humor
Efficiency	
Play	Union
Expression	Connection with something greater
Passion	Ritual
Sexuality	Healing
Creativity	Harmony
	Inspiration
Mental	Peace
Clarity	Faith
Information	Joy
Stimulation	Groundedness
Awareness	Serenity
Focus	
Autonomy	Hope
Freedom	
Choice	
Independence	