



Feelings and Needs Reference Guide

(Please note: This is not intended to be a comprehensive list, but rather a starting point to help you gain awareness of your inner experience)

Basic Human Feelings When Our Needs are Fulfilled:

Absorbed	Exalted	Peaceful
Adventurous	Excited	Perky
Affectionate	Exhilarated	Pleased
Alert	Expansive	Proud
Alive	Expectant	Puzzled
Amorous	Exuberant	Quiet
Animated	Fascinated	Radiant
Appreciative	Fondness	Rapturous
Amazed	Friendly	Refreshed
Amused	Fulfilled	Reinvigorated
Aroused	Gay	Rejuvenated
Astonished	Giddy	Relaxed
Astounded	Glad	Relieved
Awake	Gleeful	Renewed
Awed	Glorious	Rested
Blissful	Glowing	Restored
Breathless	Grateful	Revived
Buoyant	Gratified	Safe
Calm	Grief	Satisfied
Carefree	Happy	Secure
Comfortable	Helpful	Serene
Confident	Hopeful	Shocked
Contented	Humbled	Spacious
Cozy	Inquisitive	Spellbound
Curious	Inspired	Startled
Cushy	Interested	Still
Dazzled	Intrigued	Stimulated
Delighted	Invigorated	Stunned
Eager	Involved	Surprised
Ecstatic	Joyful	Tender
Ebullient	Joyous	Thankful
Effervescent	Jubilant	Thrilled
Elated	Liberated	Tickled
Electrified	Loving	Tranquil
Enchanted	Mellow	Touched
Encouraged	Merry	Upbeat
Energetic	Mirthful	Uplifted
Engrossed	Moved	Warm
Enlivened	Optimistic	Zestful
Enthralled	Overwhelmed	
Enthusiastic	Passionate	



Basic Human Feelings When Our Needs are Not Fulfilled:

Afraid	Disenchanted	Horrible	Resentful
Aggravated	Disgruntled	Hostile	Restless
Agitation	Disgusted	Hot	Revolted
Alarmed	Disheartened	Humdrum	Sad
Aloof	Disinterested	Hurt	Scared
Angry	Dislike	Impatient	Sensitive
Anguish	Dismayed	Incensed	Shaky
Animosity	Displeased	Indifferent	Shocked
Annoyance	Disquieted	Indignant	Skeptical
Anxious	Distant	Infuriated	Sleepy
Apathetic	Distraught	Inquisitive	Sorrowful
Appalled	Distressed	Insecure	Sour
Apprehensive	Disturbed	Intense	Spent
Ashamed	Doubtful	Irate	Spiritless
Aversion	Downcast	Irked	Startled
Awful	Downhearted	Irritated	Surprised
Bad	Dread	Jealous	Suspicious
Beat	Dull	Jittery	Tense
Bewildered	Edgy	Lazy	Terrified
Bitter	Embarrassed	Lethargic	Tired
Blah	Embittered	Listless	Troubled
Blue	Enraged	Lonely	Uncertain
Bored	Envious	Mad	Uncomfortable
Breathless	Exasperated	Mean	Uneasy
Brokenhearted	Exhausted	Melancholy	Unglued
Chagrined	Exposed	Miserable	Unhappy
Cold	Fatigued	Mopey	Unnerved
Concerned	Fearful	Morose	Unsteady
Confused	Fidgety	Nervous	Upset
Cool	Forlorn	Overwhelmed	Uptight
Contrite	Frightened	Pain	Vengeful
Cross	Frustrated	Panicky	Vexed
Dejected	Furious	Passive	Vulnerable
Depressed	Gloomy	Perplexed	Weary
Despair	Grief	Pessimistic	Withdrawn
Despondent	Guilty	Puzzled	Woeful
Detached	Hate	Rancorous	Worn out
Diffident	Heavy	Regretful	Worried
Disappointed	Helpless	Reluctant	
Disconnected	Hesitant	Remorseful	
Discouraged	Horrified	Repelled	



Universal Needs

Autonomy

Choosing Dreams, Goals, Values
Choosing plans for fulfilling one's dreams,
goals, values
Liberty
Freedom
Independence
Choice
Individuality
Self empowerment
Solitude
Space
Spontaneity
Honesty
Authenticity
Integrity
Presence

Celebration of Life

Celebrate the creation of life and dreams
fulfilled
Celebrate losses: loved ones, dreams
(mourning)
Aliveness
Intensity
Stimulation
Excitement
Passion
Pleasure
Delight
Humor
Mourning
Communion
Integrity
Authenticity
Creativity
Dreams
Growth
Meaning
Purpose
Self respect
Self worth
Values
Vision

Interdependence

Acceptance
Affection
Appreciation
Being heard / seen
Belonging
Closeness / Intimacy
Communication
Community / Sharing
Cooperation
Connection
Consideration
Contribution to Life
Emotional safety / freedom
Empathy
Equality / Fairness
Friendship / Companionship
Honesty
Love
Predictability / Consistency
Reassurance
Respect
Stability / Reliability
Support
Trust
Understanding

Physical Nurturance

Air
Bonding
Comfort
Nourishment
Movement, Exercise
Physical affection
Rest
Safety
Sexual Expression
Shelter
Sunlight
Tenderness
Touch
Water



Play

Adventure
Fun
Humor
Joy
Laughter
Relaxation

Mental

Stimulation
Clarity
To understand
Comprehension
Information
Consciousness
Thinking
Reflection
Discrimination

Spiritual Communion

Awareness / Being
Beauty
Giving
Grace
Gratitude
Harmony
Inspiration
Mastery
Order
Peace
Serving

Meaning

Awareness
Celebration of life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope

Learning
Mourning
Participation
Purpose
Self-expression
Stimulation
To matter
Understanding

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
To be known
To be seen
To be understood
Trust
Warmth

Peace

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order