

## FEELINGS

### When our needs are satisfied 😊

#### HAPPY

Delighted  
 Encouraged  
 Exalted  
 Excited  
 Grateful  
 Happy  
 Impassioned  
 Inspired  
 Moved  
 Optimistic  
 Proud  
 Relieved  
 Vibrant

#### PLAYFUL

Adventurous  
 Captivated  
 Creative  
 Curious  
 Dedicated  
 Eager  
 Energized  
 Exuberant  
 Fascinated  
 Inspired  
 Interested  
 Intrigued  
 Invigorated  
 Lively  
 Mischievous  
 Passionate  
 Refreshed

#### LOVING

Charmed  
 Compassionate  
 Confident  
 Electrified  
 Enchanted  
 Excited  
 Moved  
 Nourished  
 Sensitive  
 Stimulated  
 Touched  
 Warm

#### SERENE

Absorbed  
 Alive  
 Blissful  
 Calm  
 Comfortable  
 Confident  
 Dazzled  
 Fulfilled  
 Nourished  
 Reassured  
 Relaxed  
 Satisfied  
 Serene

### When our needs are NOT satisfied 😞

#### SAD

Anxious  
 Ashamed\*  
 Depressed  
 Desperate  
 Devastated  
 Disappointed  
 Discouraged  
 Fragile  
 Miserable  
 Numb  
 Sad  
 Shy  
 Sorry  
 Vulnerable

#### ANGRY

Agitated  
 Annoyed  
 Bitter  
 Bothered  
 Disgusted  
 Exasperated  
 Frustrated  
 Furious  
 Impatient  
 Irritated  
 Jealous  
 Offended  
 Outraged  
 Upset

#### CONFUSED

Astounded  
 Baffled  
 Confused  
 Dazed  
 Disconcerted  
 Disturbed  
 Divided  
 Flabbergasted  
 Hesitant  
 Hurt  
 Indecisive  
 Intrigued  
 Lost  
 Perplexed  
 Skeptical  
 Stunned  
 Surprised  
 Torn  
 Troubled  
 Uncertain  
 Uncomfortable  
 Uneasy

#### TIRED

Burned-out  
 Distracted  
 Empty  
 Exhausted  
 Fragile  
 Helpless  
 Indifferent  
 Indisposed

Lethargic  
 Overwhelmed  
 Powerless  
 Scattered  
 Strained  
 Weary  
 Worn out

#### FRIGHTENED

Afraid  
 Alarmed  
 Anxious  
 Appalled  
 Concerned  
 Dismayed  
 Distraught  
 Guilty\*  
 Horrified  
 Nervous  
 Panicked  
 Shocked  
 Stressed  
 Suspicious  
 Tense  
 Terrified  
 Troubled  
 Upset  
 Worried

### “False-Feelings”, interpretations of someone’s actions or intentions :

Abandoned	Denigrated	Intimidated	Not appreciated	Ridiculed
Abused	Disapproved	Invaded	Not heard	Scorned
Attacked	Dropped	Invalidated	Not listened to	Stuck
Belittled	Exploited	Invisible	Obligated	Threatened
Betrayed	Harassed	Manipulated	Overburdened	Trampled
Blamed	Humiliated	Mistreated	Persecuted	Trapped
Cheated	Ignored	Misunderstood	Provoked	Uninteresting
Choked	Imprisoned	Mothered	Pushed	Used
Constrained	Inadequate	Neglected	Pushed around	Etc.
Criticized	Insulted	Not accepted	Rejected	

### Thoughts, not feelings :

When you say “I feel” followed by “as if” or “that” or “that you/he/she”...	Usually follow by : Thoughts Judgements Evaluations Criticisms
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\*comes from thinking

# BASIC HUMAN NEEDS

Contribute / Taking in  
 Giving / Receiving

<p><b>SUBSTANCE</b></p> <ul style="list-style-type: none"> <li>Exercise</li> <li>Health</li> <li>Homeostasis</li> <li>Hydration</li> <li>Integrity</li> <li>Light</li> <li>Movement</li> <li>Nutrients</li> </ul>	<p><b>AFFECTION</b></p> <ul style="list-style-type: none"> <li>Care</li> <li>Comforting</li> <li>Compassion</li> <li>Concern</li> <li>Connection</li> <li>Contact</li> <li>Gentleness</li> <li>Kindness</li> </ul>	<p><b>MENTAL</b></p> <ul style="list-style-type: none"> <li>Challenge</li> <li>Clarity</li> <li>Conscience</li> <li>Discernment</li> <li>Discovery</li> <li>Learning</li> <li>Reflection</li> <li>Steadfastness*</li> </ul>
<p><b>AUTONOMY</b></p> <ul style="list-style-type: none"> <li>Accomplishment</li> <li>Choice</li> <li>Connection to self</li> <li>Dream</li> <li>Empowerment</li> <li>Flexibility</li> <li>Freedom</li> <li>Individuality</li> <li>Motivation</li> <li>Simplicity</li> <li>Solitude</li> <li>Space</li> </ul>	<p><b>INTERDEPENDANCE</b></p> <ul style="list-style-type: none"> <li>Attention</li> <li>Belonging</li> <li>Communication</li> <li>Community</li> <li>Congruence</li> <li>Connection</li> <li>Consideration</li> <li>Cooperation</li> <li>Emotional security</li> <li>Empathy</li> <li>Equality</li> <li>Feedback</li> <li>Friendship</li> <li>Give and take</li> <li>Honesty</li> <li>Inclusion</li> <li>Intimacy</li> <li>Love</li> <li>Openness</li> <li>Participation</li> <li>Predictability</li> <li>Reciprocity</li> <li>Reliability</li> <li>Recognition*</li> <li>Responsibility</li> <li>Sense of my worth</li> <li>Sense of place</li> <li>Shared reality</li> <li>Sharing</li> <li>Sincerity</li> <li>Stability</li> <li>Support</li> <li>To be accepted</li> <li>To be heard</li> <li>To be seen</li> <li>Trust</li> <li>Understanding</li> <li>Working in tandem</li> </ul>	<p><b>CELEBRATION</b></p> <ul style="list-style-type: none"> <li>Adventure</li> <li>Closure</li> <li>Fun</li> <li>Gratitude</li> <li>Happiness</li> <li>Humor</li> <li>Joy</li> <li>Leisure</li> <li>To honour</li> </ul>
<p><b>SELF-EXPRESSION</b></p> <ul style="list-style-type: none"> <li>Affirmation</li> <li>Confidence</li> <li>Contribution</li> <li>Creativity</li> <li>Evolution</li> <li>Fulfillment</li> <li>Growth</li> <li>Mastery</li> <li>Play</li> <li>Sexual expression</li> <li>Spontaneity</li> </ul>		<p><b>GRIEVING</b></p> <ul style="list-style-type: none"> <li>Acceptation</li> <li>Detachment</li> <li>Grieving lost ones</li> <li>Grieving my limits</li> <li>Grieving unfulfilled dreams</li> <li>Grieving unfulfilled needs</li> </ul>
<p><b>INTEGRITY</b></p> <ul style="list-style-type: none"> <li>Authenticity</li> <li>Balance</li> <li>Coherence*</li> <li>Comfort*</li> <li>Dignity</li> <li>Ease</li> <li>Efficiency</li> <li>Familiarization</li> <li>Healing</li> <li>Honesty</li> <li>Peace</li> </ul>		<p><b>SPIRITUALITY</b></p> <ul style="list-style-type: none"> <li>Beauty</li> <li>Calm</li> <li>Communion</li> <li>Contact with nature</li> <li>Direction</li> <li>Harmony</li> <li>Inspiration</li> <li>Levity</li> <li>Order</li> <li>Passion</li> </ul>

\*Needs — be careful of intanglement