

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

Thoughts, not feelings :

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

*comes from thinking

BASIC HUMAN NEEDS

Contribute / Taking in
 Giving / Receiving

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

*Needs — be careful of entanglement