

*“When I see, hear _____, I feel _____ because I need _____.
Would you be willing to _____?”*

Feelings when needs are met

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

Feelings when needs not met

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

Needs

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