

# Needs

## **CONNECTION**

Acceptance  
Affection  
Appreciation  
Authenticity  
Belonging  
Care  
Self-Care  
Closeness  
Communication  
Community  
Companionship  
Compassion  
Consideration  
Empathy  
Friendship  
Inclusion  
Inspiration  
Intimacy  
Love  
Nurturing  
Partnership  
Presence  
Respect  
Self-Respect  
Security  
Self-Expression  
Shared reality  
Stability  
Support  
To Know and Be Known  
To See and Be Seen  
Trust  
Warmth

## **PEACE**

Acceptance  
Self-Acceptance  
Balance  
Beauty  
Ease  
Harmony  
Hope  
Order  
Peace-of-mind  
Space

## **PLAY**

Adventure  
Excitement  
Fun  
Humor  
Joy  
Relaxation  
Stimulation

## **PHYSICAL WELL-BEING**

Air  
Care  
Comfort  
Food  
Movement / Exercise  
Rest / Sleep  
Safety (protection)  
Shelter  
Touch  
Water

## **MEANING**

Awareness  
Celebration  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficiency  
Effectiveness  
Growth  
Integration  
Integrity  
Learning  
Mourning  
Movement  
Participation  
Presence  
Progress  
Purpose  
Safety  
Stimulation  
Understanding

## **AUTONOMY**

Choice  
Dignity  
Freedom  
Independence  
Self-Expression  
Space  
Spontaneity



The  
Relationship  
Foundation

# Feelings Associated with Met Needs

## LOVE

Affection  
Caring  
Compassion  
Fond

## CENTERED

Comfortable  
Relaxed

## HOPEFUL

Confident  
Optimistic  
Renewed

## ENGAGED

Absorbed  
Curious  
Dazzled  
Engrossed  
Fascinated  
Interested  
Intrigued  
Stimulated

## REFRESHED

Rested  
Restored  
Revived

## GRATEFUL

Appreciative  
Content  
Thankful  
Touched

## EXCITED

Amazed  
Energetic  
Enthusiastic  
Invigorated  
Jazzed  
Passionate  
Surprised

## HAPPY

Amused  
Delighted  
Glad  
Joyful  
Overjoyed  
Pleased

## EXHILARATED

Blissful  
Ecstatic  
Elated  
Euphoric  
Thrilled

## PEACEFUL

Calm  
Comfortable  
Fulfilled  
Relaxed  
Relieved  
Satisfied

## INSPIRED

Amazed  
Encouraged  
Enthusiastic  
Motivated  
Moved

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# Feelings Associated with Unmet Needs

## AFRAID

Apprehensive  
Fearful  
Frightened  
Mistrustful  
Panicked  
Scared  
Terrified  
Worried

## ANNOYED

Aggravated  
Bothered  
Displeased  
Frustrated  
Irritated

## ANGER

Angry  
Contempt  
Enraged  
Furious  
Livid  
Outraged  
Resentful

## CONFUSED

Ambivalent  
Bewildered  
Conflicted  
Lost  
Puzzled  
Torn

## ANXIETY

Agitated  
Alarmed  
Anxious  
Concerned  
Disturbed  
Flustered  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Uncomfortable  
Uneasy  
Unnerved  
Unsettled  
Upset

## EMBARRASSED

Ashamed  
Mortified  
Self-conscious

## FATIGUE

Beat  
Burned-out  
Depleted  
Exhausted  
Lethargic  
Sleepy  
Tired  
Weary  
Wiped out  
Worn out

## PAIN

Devastated  
Grief  
Heartbroken  
Hurting  
Lonely  
Miserable  
Regretful

## TENSE

Anxious  
Cranky  
Distressed  
Distraught  
Frazzled  
Nervous  
Overwhelmed  
Restless  
Stressed out

## VULNERABLE

Fragile  
Guarded  
Helpless  
Insecure  
Jealous  
Shaky

## AVERSION

Disgusted  
Hate  
Horrificed  
Hostility  
Repulsed

## SAD

Depressed  
Dejected  
Disappointed  
Discouraged  
Disheartened  
Despondent  
Gloomy  
Hopeless  
Miserable  
Remorseful  
Unhappy

## DISCONNECTED

Apathetic  
Bored  
Detached  
Distant  
Envy  
Indifferent  
Longing  
Numb  
Removed  
Withdrawn  
Yearning