

Words that describe our feelings  
when our needs are NOT met:

<p><b>AFRAID</b> apprehensive frightened mistrustful scared suspicious terrified worried</p>	<p><b>CONFUSED</b> baffled bewildered dazed hesitant perplexed torn</p>	<p><b>FATIGUE</b> burnt-out exhausted listless tired weary</p>	<p><b>TENSE</b> Anxious Cranky edgy frazzled nervous overwhelmed restless</p>
<p><b>ANGRY</b> enraged furious indignant livid upset</p>	<p><b>DISCONNECTED</b> apathetic detached discouraged numb withdrawn</p>	<p><b>PAIN</b> agony anguished devastated heartbroken hurt lonely miserable regretful</p>	<p><b>VULNERABLE</b> Fragile guarded helpless sensitive shaky</p>
<p><b>ANNOYED</b> aggravated dismayed exasperated frustrated impatient irritated</p>	<p><b>DISQUIET</b> agitated discombobulated rattled restless shocked startled</p>	<p><b>SAD</b> Broken- hearted despondent disappointed disheartened forlorn wretched</p>	<p><b>YEARNING</b> envious jealous longing regretting</p>
<p><b>AVERSION</b> appalled contempt disgusted horrified hostile</p>	<p><b>EMBARRASSED</b> Ashamed chagrined Flustered guilty mortified self-conscious</p>		

Words that describe our feelings  
when our needs are met:

<p><b>AFFECTIONATE</b> compassionate loving open-hearted tender warm</p>	<p><b>EXCITED</b> alive animated ardent aroused astonished dazzled eager energetic enthusiastic invigorated lively motivated surprised</p>	<p><b>JOYFUL</b> amused delighted glad happy pleased thrilled tickled</p>
<p><b>CONFIDENT</b> empowered open proud safe secure</p>		<p><b>PEACEFUL</b> calm centered comfortable content equanimous fulfilled mellow quiet relaxed relieved serene tranquil trusting</p>
<p><b>ELATED</b> blissful delighted exhilarated thrilled</p>	<p><b>GRATEFUL</b> appreciative moved thankful touched</p>	
<p><b>ENGAGED</b> absorbed curious enchanted fascinated interested intrigued stimulated</p>	<p><b>HOPEFUL</b> expectant encouraged optimistic</p>	<p><b>REFRESHED</b> awake energized restored rested</p>
	<p><b>INSPIRED</b> amazed awed wonder</p>	

## LIST OF WORDS THAT DESCRIBE UNIVERSAL HUMAN NEEDS

AUTONOMY  
choice  
expression

freedom  
independence  
space

spontaneity

MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
efficacy

contribution  
creativity  
discovery  
effectiveness  
growth  
hope  
learning  
movement

mourning  
participation  
purpose  
self-expression  
shared reality  
to matter  
understand

CONNECTION  
acceptance  
affection  
appreciation  
belonging  
closeness  
communication  
community  
companionship  
compassion  
confidence  
consideration  
consistency

cooperation  
empathy  
inclusion  
interdependence  
intimacy  
love  
mutuality  
nurturing  
reciprocity  
respect  
self-respect  
safety  
security

stability  
support  
to be known  
to be seen  
to be understood  
to know  
to see  
to understand  
trust  
warmth

PEACE

beauty  
communion

ease  
equilibrium  
equality

harmony  
inspiration

PLAY  
fun

humor

joy

PHYSICAL  
WELL-BEING

air  
exercise  
food

movement  
rest  
safety  
sexual expression  
shelter

sleep  
solitude  
touch

HONESTY  
authenticity

congruence  
integrity

presence