

Universal Feelings (needs on reverse)



FULFILLED - A starter list to assist with self-discovery & connection with others



<p>AFFECTIONATE compassionate fond friendly loving openhearted playful sympathetic tender warm</p> <p>HAPPY alive amused breathless buoyant delighted ecstatic enlivened glad intense jubilant pleased proud</p>	<p>CALM blissful cheerful clearheaded comfortable composed centered content cool equanimity fulfilled mellow peaceful pleasant quiet relaxed relieved satisfied serene steady still tranquil trusting</p>	<p>CONFIDENT carefree certain / certitude empowered free good-humored open safe secure sure</p> <p>REFRESHED alert awake contented enlivened fulfilled invigorated rejuvenated relief / relieved renewed rested restored revived</p>	<p>CURIOUS absorbed alert concern eager engaged engrossed enchanted entranced fascinated interested intrigued inquisitive involved spellbound stimulated</p> <p>HOPEFUL expectant encouraged open optimistic positive</p>	<p>EXCITED amazed animated ardent aroused dazzled eager energetic enthusiastic exhilarated giddy jubilant lively merry passionate surprised vibrant</p> <p>INSPIRED amazed astonished awed electrified wonder</p>	<p>GRATEFUL appreciative moved proud thankful touched</p> <p>JOYFUL absorbed adventurous blissful effervescent elated enjoyment enthralled exhilarated exuberant gleeful glowing overjoyed playful radiant rapturous thrilled</p>
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UNFULFILLED - A starter list to assist with self-discovery & connection with others



<p>AFRAID apprehensive dread fear / fearful foreboding frightened mistrustful panicked petrified scared shaky terrified worried</p> <p>GUARDED edgy distrustful helpless hopeless hesitant leery nervous pessimistic reluctance reserved suspicious trepidation unsteady wary</p>	<p>ANNOYED aggravated agitated dismayed disgruntled displeased exasperated frustrated impatient irritated irked mean miserable</p> <p>FATIGUED beat blah burnt out depleted exhausted lazy lethargic listless mopey sleepy tired weary worn out</p>	<p>ANGRY cross disgruntled enraged furious hot incensed indignant irate irritated livid mad outraged resentful unglued vexed</p> <p>PAIN agony anguished bereaved devastated grief heartbroken hurt miserable regretful remorseful sorrowful</p>	<p>AVERSION animosity appalled bitter contempt disgusted dislike embittered hateful horrificed hostile repulsed turned-off</p> <p>TENSE agitated anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed-out</p>	<p>CONFUSED ambivalent baffled bewildered conflicted dazed hesitant lost mystified perplexed puzzled torn</p> <p>SAD depressed dejected despair despondent disappointed discouraged disheartened downhearted gloomy heavy hearted listless melancholy unhappy woeful wretched</p>	<p>EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious</p> <p>DISCONNECTED alienated aloof apathetic cool / cold detached disinterested distant distracted indifferent lonely numb removed withdrawn</p> <p>VULNERABLE fragile helpless insecure sensitive shaky</p>	<p>DISQUIET alarmed discombobulated disconcerted disturbed perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset uptight</p> <p>YEARNING envious jealous longing melancholic nostalgic pining wistful</p>
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Universal Needs (feelings on reverse)

☺ **NEEDS** - A starter list to assist with self-discovery & connection with others ☺

AUTONOMY

Choice
Freedom
Independence
Self-respect
Space
Spontaneity

CONNECTION

Affection
Appreciation
Belonging
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect
Support
To know
To be known
To see
To be seen
To understand
Be understood
Trust
Warmth

INTEGRITY

Authenticity
Honesty
Meaning
Presence

INTERDEPENDENCE

Acceptance
Appreciation
Belonging
Community
Connection
Consideration
Contribution
Cooperation
Integrity
Nurturing
Participation
Reassurance
Reciprocity
Respect
Safety
Support
Trust

PHYSICAL WELL-BEING

Air
Food
Movement/exercise
Rest/sleep
Sexual expression
Safety/protection
Shelter
Touch
Warmth
Water

PLAY

Celebration
Joy
Humor
Spontaneity

MEANING

Awareness
Celebration
Connection
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Inspiration
Learning
Mourning
Participation
Purpose
Self-expression
Stimulation
Understanding

PEACE

Acceptance
Beauty
Communion
Ease
Equality
Harmony
Order
Security
Stability