

Universal Feelings (needs on reverse)



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



AFFECTIONATE

compassionate
fond
friendly
loving
openhearted
playful
sympathetic
tender
warm

HAPPY

alive
amused
breathless
buoyant
delighted
ecstatic
enlivened
glad
intense
jubilant
pleased
proud

CALM

blissful
cheerful
clearheaded
comfortable
composed
centered
content
cool
equanimity
fulfilled

mellow
peaceful
pleasant
quiet
relaxed
relieved
satisfied
serene
steady
still
tranquil
trusting

CONFIDENT

carefree
certain / certitude
empowered
free
good-humored
open
safe
secure
sure

REFRESHED

alert
awake
contented
enlivened
fulfilled
invigorated
rejuvenated
relief / relieved
renewed
rested
restored
revived

CURIOUS

absorbed
alert
concern
eager
engaged
engrossed
enchanted
entranced
fascinated
interested
intrigued
inquisitive
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
open
optimistic
positive

EXCITED

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
exhilarated
giddy
jubilant
lively
merry
passionate
surprised
vibrant

INSPIRED

amazed
astonished
awed
electrified
wonder

GRATEFUL

appreciative
moved
proud
thankful
touched

JOYFUL

absorbed
adventurous
blissful
effervescent
elated
enjoyment
enthralled
exhilarated
exuberant
gleeful
glowing
overjoyed
playful
radiant
rapturous
thrilled



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



AFRAID

apprehensive
dread
fear / fearful
foreboding
frightened
mistrustful
panicked
petrified
scared
shaky
terrified
worried

GUARDED

edgy
distrustful
helpless
hopeless
hesitant
leery
nervous
pessimistic
reluctance
reserved
suspicious
trepidation
unsteady
wary

ANNOYED

aggravated
agitated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked
mean
miserable

FATIGUED

beat
blah
burnt out
depleted
exhausted
lazy
lethargic
listless
mopey
sleepy
tired
weary
worn out

ANGRY

cross
disgruntled
enraged
furious
hot
incensed
indignant
irate
irritated
livid
mad
outraged
resentful
unglued
vexed

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
miserable
regretful
remorseful
sorrowful

AVERSION

animosity
appalled
bitter
contempt
disgusted
dislike
embittered
hateful
horrified
hostile
repulsed
turned-off

TENSE

agitated
anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed-out

CONFUSED

ambivalent
baffled
bewildered
conflicted
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
downhearted
gloomy
heavy hearted
listless
melancholy
unhappy
woeful
wretched

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

DISCONNECTED

alienated
aloof
apathetic
cool / cold
detached
disinterested
distant
distracted
indifferent
lonely
numb
removed
withdrawn

VULNERABLE

fragile
helpless
insecure
sensitive
shaky

DISQUIET

alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset
uptight

YEARNING

envious
jealous
longing
melancholic
nostalgic
pining
wistful

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