

## NEEDS

### Health

air  
food  
light  
shelter  
rest  
touch  
sexuality  
warmth  
energy

### Safety

order  
predictability  
security  
stability  
clarity  
transparency  
comfort  
emotional security  
protection  
trust  
reliability  
reassurance  
sustainability

### Rest/Fun

awareness  
balance  
beauty  
ease  
lightness  
humor  
movement  
play  
relaxation  
simplicity  
wholeness

### Love/ Care

connection  
contact  
attention  
affection  
closeness  
intimacy  
consideration  
sharing  
giving/ receiving  
tenderness  
softness  
kindness  
carefulness  
help/ support  
engagement  
friendship  
respect

### Empathy/ Understanding

see/ be seen  
hear/ be heard  
understanding  
acknowledgement  
recognition  
compassion  
presence

### Community/ Belonging

harmony  
peace  
cooperation  
openness  
to have a place  
to matter  
acceptance  
reciprocity  
interdependence

### Autonomy/ Authenticity

choice  
freedom  
independence  
dignity  
equality  
space  
honesty  
sincerity  
integrity  
respect  
inner strength  
self-connection

### Creativity/ Play

adventure  
liveliness  
variety  
inspiration  
passion  
spontaneity  
focus  
flow

### Meaning/ Contribution

appreciation  
celebrating/  
mourning  
growth  
learning  
self-realisation  
actualization  
self-value  
competence  
to enrich life  
effectiveness  
hope  
purpose

## FEELINGS

### when needs are met

content  
calm  
mellow  
peaceful  
safe  
confident  
relieved  
fulfilled  
at ease  
loving  
tender  
warm  
friendly  
soft  
happy  
cheerful  
delightful  
joyful  
grateful  
appreciative  
encouraged  
relaxed  
rested  
  
enthusiastic  
passionate  
excited  
curious  
wonder  
interested  
inspired  
engaged  
fascinated  
alive  
touched  
moved

self-confident  
powerful  
energetic  
open  
proud  
hopeful

surprised

### when needs are unmet

startled  
shaken  
shocked  
perplexed  
hesitant  
confused  
puzzled  
lost  
doubtful  
torn  
sad  
unhappy  
upset  
disappointed  
depressed  
down  
desperate  
discouraged  
guilty  
  
tired  
exhausted  
sleepy  
overwhelmed  
  
angry  
furious  
annoyed

dissatisfied  
frustrated  
contempt  
disgust  
jealous  
envious

lonely  
insecure  
shy  
vulnerable  
fragile  
embarrassed  
shame  
uneasy

afraid  
scared  
suspicious  
apprehensive  
panic  
paralyzed  
worried  
concerned  
horrified

nervous  
tense  
pain  
overstimulated  
stress

moody  
restless  
impatient  
bored  
numb

powerless  
hopeless