Feelings, Needs & Physical Sensations Sheet*

**Feelings when needs are met**

- GLAD
  - happy
  - excited
  - hopeful
  - joyful
  - satisfied
  - delighted
  - encouraged
  - confident
  - inspired
  - relieved
  - touched
  - proud
  - elated

- PEACEFUL
  - calm
  - content
  - expansive
  - serene
  - loving
  - blissful
  - clear

- LOVING
  - warm
  - affectionate
  - tender
  - friendly
  - sensitive
  - compassionate
  - nurtured
  - trusting

- PLAYFUL
  - energetic
  - invigorated
  - stimulated
  - alive
  - eager
  - enthusiastic
  - excited

- RESTED
  - relaxed
  - alert
  - refreshed
  - energized

- THANKFUL
  - grateful
  - appreciative

**Feelings when needs are not met**

- SAD
  - lonely
  - afraid
  - heavy
  - hopeless
  - nervous
  - memory
  - jilted
  - disheartened
  - disappointed

- SCARED
  - afraid
  - fearful
  - terrified
  - startled
  - anxious
  - lonely
  - skeptical
  - suspicious

- MAD
  - angry
  - confirmed
  - exasperated
  - agitated
  - furious
  - enraged
  - hostile
  - bitter
  - resentful
  - disgusted
  - frustrated

**Universal human needs**

- TRUST
  - safety
  - security
  - understanding
  - honesty
  - love
  - to matter
  - community
  - play/fun
  - appreciation
  - freedom
  - meaning
  - rest

- COMPASSION
  - empathy
  - autonomy
  - choice
  - freedom
  - nurturance
  - comfort
  - warmth/caring
  - self-expression
  - contribution
  - creativity
  - effectiveness
  - growth
  - healing

- INTEGRITY
  - self-worth
  - authenticity
  - purpose
  - honesty
  - celebration
  - humor
  - passion
  - mourning
  - accountability
  - peace
  - ease
  - beauty

- RECOGNITION
  - respect
  - validation
  - equality
  - reliability
  - predictability

- INTIMACY
  - sharing
  - connection
  - companionship
  - support
  - cooperation

- CLARITY
  - awareness
  - to be heard
  - to be seen
  - achy
  - bloated
  - breathless
  - bubbly
  - buzzy
  - fluttery
  - fluid
  - full
  - fuzzy
  - glowing
  - heavy
  - heated
  - hollow
  - hot
  - itchy
  - jumpy
  - knotted
  - light

- PHYSICAL SENSATIONS
  - floating
  - flowing
  - fluid
  - flush
  - flushed
  - fluttery
  - fluid
  - full
  - fuzzy
  - flowing
  - heavy
  - heated
  - hollow
  - hot
  - itchy
  - jumpy
  - knotted
  - light

*Appendix D, corrected July 2021