

Needs

CONNECTION

Acceptance
Affection
Appreciation
Authenticity
Belonging
Care
Self-Care
Closeness
Communication
Community
Companionship
Compassion
Consideration
Empathy
Friendship
Inclusion
Inspiration
Intimacy
Love
Nurturing
Partnership
Presence
Respect
Self-Respect
Security
Self-Expression
Shared reality
Stability
Support
To Know and Be Known
To See and Be Seen
Trust
Warmth

PEACE

Acceptance
Self-Acceptance
Balance
Beauty
Ease
Harmony
Hope
Order
Peace-of-mind
Space

PLAY

Adventure
Excitement
Fun
Humor
Joy
Relaxation
Stimulation

PHYSICAL WELL-BEING

Air
Care
Comfort
Food
Movement / Exercise
Rest / Sleep
Safety (protection)
Shelter
Touch
Water

MEANING

Awareness
Celebration
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficiency
Effectiveness
Growth
Integration
Integrity
Learning
Mourning
Movement
Participation
Presence
Progress
Purpose
Safety
Stimulation
Understanding

AUTONOMY

Choice
Dignity
Freedom
Independence
Self-Expression
Space
Spontaneity



The
Relationship
Foundation

Feelings Associated with Met Needs

LOVE

Affection
Caring
Compassion
Fond

CENTERED

Comfortable
Relaxed

HOPEFUL

Confident
Optimistic
Renewed

ENGAGED

Absorbed
Curious
Dazzled
Engrossed
Fascinated
Interested
Intrigued
Stimulated

REFRESHED

Rested
Restored
Revived

GRATEFUL

Appreciative
Content
Thankful
Touched

EXCITED

Amazed
Energetic
Enthusiastic
Invigorated
Jazzed
Passionate
Surprised

HAPPY

Amused
Delighted
Glad
Joyful
Overjoyed
Pleased

EXHILARATED

Blissful
Ecstatic
Elated
Euphoric
Thrilled

PEACEFUL

Calm
Comfortable
Fulfilled
Relaxed
Relieved
Satisfied

INSPIRED

Amazed
Encouraged
Enthusiastic
Motivated
Moved

Feelings Associated with Unmet Needs

AFRAID

Apprehensive
Fearful
Frightened
Mistrustful
Panicked
Scared
Terrified
Worried

ANNOYED

Aggravated
Bothered
Displeased
Frustrated
Irritated

ANGER

Angry
Contempt
Enraged
Furious
Livid
Outraged
Resentful

CONFUSED

Ambivalent
Bewildered
Conflicted
Lost
Puzzled
Torn

ANXIETY

Agitated
Alarmed
Anxious
Concerned
Disturbed
Flustered
Restless
Shocked
Startled
Surprised
Troubled
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

EMBARRASSED

Ashamed
Mortified
Self-conscious

FATIGUE

Beat
Burned-out
Depleted
Exhausted
Lethargic
Sleepy
Tired
Weary
Wiped out
Worn out

PAIN

Devastated
Grief
Heartbroken
Hurting
Lonely
Miserable
Regretful

TENSE

Anxious
Cranky
Distressed
Distraught
Frazzled
Nervous
Overwhelmed
Restless
Stressed out

VULNERABLE

Fragile
Guarded
Helpless
Insecure
Jealous
Shaky

AVERSION

Disgusted
Hate
Horrificed
Hostility
Repulsed

SAD

Depressed
Dejected
Disappointed
Discouraged
Disheartened
Despondent
Gloomy
Hopeless
Miserable
Remorseful
Unhappy

DISCONNECTED

Apathetic
Bored
Detached
Distant
Envy
Indifferent
Longing
Numb
Removed
Withdrawn
Yearning