

Feelings list

Feelings when needs are met:

AFFECTIONATE

Compassionate
Friendly
Loving
Open-hearted
Sympathetic
Tender
Warm

GRATEFUL

Appreciative
Moved
Thankful
Touched

ENGAGED

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

EXCITED

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic
Giddy
Invigorated
Lively
Passionate
Surprised
Vibrant

JOYFUL

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Radiant
Rapturous
Thrilled

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

INSPIRED

Amazed
Awed
Wonder

CONFIDENT

Empowered
Open
Proud
Safe
Secure

PEACEFUL

Calm
Clear-headed
Comfortable
Centered
Content
Equanimous
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

HOPEFUL

Expectant
Encouraged
optimistic



Feelings when needs are not met:

AFRAID

Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrieved
Scared
Suspicious
Terrified
Wary
Worried

DISCONNECTED

Alienated
Aloof
Apathic
Bored
Cold
Detached
Distant
Indifferent
Numb
Removed
Uninterested
Withdrawn

FATIGUE

Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Wear
Worn out

TENSE

Anxious
Cranky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Stressed out

ANNOYED

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irrked

YEARNING

Envious
Jealous
Longing
Nostalgic
Pining
Wistful

SAD

Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy-hearted
Hopeless
Melancholy
Unhappy
Wretched

DISQUIET

Agitated
Alarmed
Discombobulated
Disconcerted
Disturbed
Perturbed
Rattled
Restless
Shocked
Started
Surprised
Troubled
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

ANGRY

Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

EMBARRESSED

Ashamed
Chagrined
Flustered
Guilty
Mortified
Self-conscious

AVERSION

Animosity
Appalled
Contempt
Disguised
Hate
Horrorified
Hostile
Repulsed

CONFUSED

Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Tor

VULNERABLE

Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Sensitive
Shaky

PAIN

Agony
Anguished
Bereaved
Devastated
Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

Needs list

Physical wellbeing

Air
Food
Movement
Exercise
Rest / Sleep
Sexual expression
Safety
Shelter
Touch
Water

Play

Joy
Humor

Connection

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect/self- respect
Safety
Security
Stability
Support

Honesty

Authenticity
Integrity
Presence

Autonomy

Choice
Freedom
Independence
Space
Spontaneity

Peace

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order

Meaning

Awareness
Celebration of life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
self-expression



Quasi-feelings list

Quasi-feelings are thoughts disguised as feelings. They are words that do not so much express how we feel inside, but rather say something about what we think or feel about another person. They are expressions of interpretations, analyses, and judgments from our heads, rather than expressions of what we feel in our hearts. Because quasi-feelings usually contain a judgment about another person, they evoke resistance and irritation rather than empathy and understanding.

| <u>Quasi-feeling:</u> | <u>Possible underlying needs:</u> |
|--------------------------|---|
| Abandoned | Care, connection, support, understanding, empathy, friendship, being seen, trust, honesty, contact, solidarity, intimacy, ... |
| Abused | Safety, respect, understanding, reassurance, trust, support, self-care, integrity, privacy, peace, solidarity, autonomy ... |
| Accused | Equality, justice, being heard, fairness, support, trust, solidarity, understanding, peace, appreciation, recognition, ... |
| Attacked | Safety, peace, trust, respect, space, privacy, harmony, ... |
| Betrayed | Support, understanding, trust, honesty, clarity, friendship, love, ... |
| Bullied, harassed | Belonging, equality, being yourself, support, space, understanding, respect, safety, reassurance, autonomy, ... |
| Cast aside | Respect, being seen, recognition, understanding, belonging, contact, ... |
| Cheated | Openness, honesty, trust, intimacy, love, clarity, safety, justice, ... |
| Consumed | Equality, honesty, openness, clarity, trust, ... |
| Criticized | Respect, contact, being heard, recognition, appreciation, understanding, self-expression, peace, progress, cooperation, ... |
| Convicted | Respect, understanding, openness, justice, equality, freedom, being seen, being heard, fairness, ... |

| <u>Quasi-feeling:</u> | <u>Possible underlying needs:</u> |
|-------------------------------|---|
| Committed to something | Freedom, respect, autonomy, self-expression, freedom of movement, openness, equality, ... |
| Choked | Space, privacy, respect, play, self-expression, self-development, understanding, air, autonomy, humor, freedom, ... |
| Disrespected | Appreciation, equality, respect, recognition, affirmation, belonging, being seen and heard, being meaningful, .. |
| Distrusted | Belonging, trust, openness, contact, equality, integrity, ... |
| Disgraced | Respect, consultation, equality, contact, being seen and heard, appreciation, recognition, ... |
| Injustice done to | Honesty, equality, safety, respect, justice, being able to be yourself, reassurance, grieving, trust, ... |
| Ignored | Being seen, contact, harmony, equality, cooperation, belonging, recognition, appreciation, friendship, love, being seen, |
| Intimidated | Safety, being able to be myself, reassurance, equality, space, freedom, autonomy, respect, peace, ... |
| Insulated | Contact, space, freedom, cooperation, belonging, being meaningful, being able to be yourself, being seen and heard, ... |
| Laughed at, mocked | Respect, belonging, friendship, appreciation, recognition, ... |
| Left behind | Support, togetherness, attention, help, care, understanding, contact, ... |
| Lied to | Honesty, openness, fairness, recognition, respect, trust, clarity, ... |
| Locked Out | Belonging, being able to be myself, being seen, self-expression, cooperation, contact, recognition, love, friendship, ... |
| Manipulated | Honesty, freedom of choice, openness, equality, autonomy, respect, trust, authenticity, justice, ... |
| Misunderstood | Understanding, empathy, contact, clarity, friendship, love, acceptance recognition, appreciation, being heard, overview, clarity, ... |
| Neglected | Caring, support, attention, understanding, friendship, love, belonging, relaxation, intimacy, sexuality, peace, ... |

| <u>Quasi-feeling:</u> | <u>Possible underlying needs:</u> |
|----------------------------------|--|
| Not accepted | Belonging, contact, cooperation, respect, being able to be yourself, ... |
| Outcast | Belonging, contact, equality, attention, love, grieving, ... |
| Patronized | Being able to be myself, autonomy, equality, humor, recognition, respect, privacy, affirmation, appreciation, ... |
| Provoked | Safety, tranquility, respect, understanding, appreciation, harmony, peace, ... |
| Pressured | Relaxation, peace, space, autonomy, respect, understanding, freedom, security, ... |
| Rejected | Belonging, togetherness, recognition, contact, being seen, love, friendship, intimacy, sexuality, appreciation, ... |
| Ridiculed | Being allowed to be there, respect, equality, appreciation, being seen, ... |
| Stolen | Honesty, respect, fairness, recognition, trust, ... |
| Trapped, incarcerated | Freedom, air, space, movement, creativity, openness, sexuality, autonomy, self-expression, contributing, being meaningful, ... |
| Unwanted | Being meaningful, belonging, appreciation, recognition, understanding, love, friendship, intimacy, contact, ... |