**FEELINGS**

|  |  |
| --- | --- |
| Feelings when our needs are met, recognized, and honoured. | Feelings when our needs are not met, recognized, and honoured. |
|  |  |  |  |
| Absorbed | Euphoric | Patient | Afraid | Exhausted | Receptive |
| Adventurous | Exalted | Peaceful | Agitated | Exuberant | Regenerated |
| Alive | Excited | Playful | Alarmed | Fragile | Regretful |
| Amazed | Exuberant | Powerful | Alone | Frustrated | Refreshed |
| Amused | Fascinated | Present | Angry | Furious | Reinvigorated |
| Animated | Filled | Proud | Anguished | Grief | Relaxed |
| Assured | Fluid | Radiant | Annoyed | Heavy | Relieved |
| Available | Fortified | Reassured | Anxious | Helpless | Resentful |
| Bubbly | Free | Receptive | Appalled | Hopeless | Rested |
| Calm | Full | Regenerated | Ashamed | Horrifeid | Revolted |
| Captivated | Fulfilled | Refreshed | Astonished | Hurt | Sad |
| Charmed | Gentle | Reinvigorated | Baffled | Impatient | Saturated |
| Cheerful | Glad | Relaxed | Bewildered | Implicated | Scared |
| Close | Happy | Relieved | Bitter | Indecisive | Sceptical |
| Comfortable | Involved | Rested | Bothered | Indifferent | Shocked |
| Comforted | Inspired | Satiated | Burnt out | Indignant | Shy |
| Compassionate | Interested | Satisfied | Chagrined | Irritated | Slammed  |
| Confident | Intrigued | Secure | Concerned | Jealous | Sorry |
| Connected | Invigorated | Sensitive | Confused | Lost | Stressed |
| Creative | Joyous | Serene | Cranky | Miserable | Surprised |
| Curious | Liberated | Settled | Crumpled | Mixed up | Suspicious |
| Delighted | Light | Shivery | Dazed | Muddy | Tense |
| Decisive | Lively | Stimulated | Depressed | Numb | Terrified |
| Detached | Loved | Tender | Discouraged | Nervous | Tired |
| Determined | Mobilized | Thrilled | Disgusted | Off center | Tormented |
| Dynamic | Motivated | Touched | Dissapointed | Outraged | Torn |
| Ease | Moved | Warm | Distracted | Overwhelmed | Troubled |
| Enchanted | Nourished | Vibrant | Distraught | Pained | Uncertain |
| Encouraged | Open | Zealous | Dumbfounded | Panicked | Uncomfortable |
| Energetic | Optimistic |  | Embarrassed | Perplexed | Unhappy |
| Engaged | Passionate |  *And more…* | Empty | Powerless | Upset |
|  |  |  | Exasperated | Radiant | Vulnerable |
|  |  |  | Excited | Reassured | *And more…* |

**NEEDS – LIFE ENERGY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SUBSISTANCE | **SELF-EXPRESSION** | **AFFECTION** | **INTERDEPENDENCE** | **CELEBRATION** |
| Air | Affirmation  | Care | Acceptance | Adventure  |
| Balance | Contribution  | Caring | Attention | Completeness |
| Exercise | Creativity  | Compassion | Acceptance | Fun |
| Health | Evolution | Comfort | Being seen | Gratitude |
| Integrity | Growth | Contact | Belonging | Happiness |
| Light | Mastery | Human | Camaraderie | Honor  |
| Movement | Play |  warmth | Community  | Humor  |
| Nutrients | Realization |  Kindness | Communication  | Joy  |
| Oxygen | Sexual | Links | Concertation | Leisure  |
| Rest |  expression | Sweetness  | Congruence  |  |
| Safety | Spontaneity | Tenderness  | Connection  | **GRIEVING** |
| Shelter |  | Touch | Consideration | Acceptance |
|  | **INTEGRITY** | Welcome | Cooperation  | Detachment  |
| **AUTONOMY** | At ease  |  | Empathy | Mourning for...  |
| Achievement  | Authenticity | **MENTAL** | Emotional security | ...missing people  |
| Choice  | Balance | Awareness | Fairness | ...our limits |
| Dream | Coherence | Challenge | Feedback | ...unfulfilled dreams |
| Empowerment  | Comfort | Clarity | Honesty | ...unfulfilled needs  |
| Flexibility | Dignity  | Discernment | Inclusion |  |
| Freedom | Efficiency  | Discovery | Listening | **SPIRITUALITY** |
| Individuality  | Healing  | Learning | Love | Beauty  |
| Motivation | Honesty  | Reflection  | Mutuality | Calm  |
| Self-connection | Protection | Rigor | Openness  | Communion  |
| Simplicity | Quiet  | Stimulation | Participation | Contact with nature  |
| Space | Respect | Understanding | Predictability | Direction  |
|  | Respect for |  | Privacy | Harmony  |
|  |  oneself |  | Reciprocity  | Inspiration  |
|  | Self-confidence |  | Recognition | Lightness  |
|  | Self-esteem |  | Reliability | Order  |
|  | Taming |  | Sense of place | Passion |
|  | Vitality |  | Shared reality | Peace |
|  |  |  | Shared  | Presence  |
|  |  |  |  responsibility | Sense  |
|  |  |  | Sharing | Serenity |
|  |  |  | Trust | Wisdom |