



“WELCOME FOR YOUR HUMANITY”

FEELINGS

Feelings when our needs are met, recognized, and honoured.

Absorbed	Euphoric	Patient
Adventurous	Exalted	Peaceful
Alive	Excited	Playful
Amazed	Exuberant	Powerful
Amused	Fascinated	Present
Animated	Filled	Proud
Assured	Fluid	Radiant
Available	Fortified	Reassured
Bubbly	Free	Receptive
Calm	Full	Regenerated
Captivated	Fulfilled	Refreshed
Charmed	Gentle	Reinvigorated
Cheerful	Glad	Relaxed
Close	Happy	Relieved
Comfortable	Involved	Rested
Comforted	Inspired	Satiated
Compassionate	Interested	Satisfied
Confident	Intrigued	Secure
Connected	Invigorated	Sensitive
Creative	Joyous	Serene
Curious	Liberated	Settled
Delighted	Light	Shivery
Decisive	Lively	Stimulated
Detached	Loved	Tender
Determined	Mobilized	Thrilled
Dynamic	Motivated	Touched
Ease	Moved	Warm
Enchanted	Nourished	Vibrant
Encouraged	Open	Zealous
Energetic	Optimistic	
Engaged	Passionate	<i>And more...</i>

Feelings when our needs are not met, recognized, and honoured.

Afraid	Exhausted	Receptive
Agitated	Exuberant	Regenerated
Alarmed	Fragile	Regretful
Alone	Frustrated	Refreshed
Angry	Furious	Reinvigorated
Anguished	Grief	Relaxed
Annoyed	Heavy	Relieved
Anxious	Helpless	Resentful
Appalled	Hopeless	Rested
Ashamed	Horrified	Revolted
Astonished	Hurt	Sad
Baffled	Impatient	Saturated
Bewildered	Implicated	Scared
Bitter	Indecisive	Sceptical
Bothered	Indifferent	Shocked
Burnt out	Indignant	Shy
Chagrined	Irritated	Slammed
Concerned	Jealous	Sorry
Confused	Lost	Stressed
Cranky	Miserable	Surprised
Crumpled	Mixed up	Suspicious
Dazed	Muddy	Tense
Depressed	Numb	Terrified
Discouraged	Nervous	Tired
Disgusted	Off center	Tormented
Dissatisfied	Outraged	Torn
Distracted	Overwhelmed	Troubled
Distraught	Pained	Uncertain
Dumbfounded	Panicked	Uncomfortable
Embarrassed	Perplexed	Unhappy
Empty	Powerless	Upset
Exasperated	Radiant	Vulnerable
Excited	Reassured	<i>And more...</i>



“WELCOME FOR YOUR HUMANITY”

NEEDS – LIFE ENERGY

SUBSISTANCE

Air
Balance
Exercise
Health
Integrity
Light
Movement
Nutrients
Oxygen
Rest
Safety
Shelter

AUTONOMY

Achievement
Choice
Dream
Empowerment
Flexibility
Freedom
Individuality
Motivation
Self-connection
Simplicity
Space

SELF-EXPRESSION

Affirmation
Contribution
Creativity
Evolution
Growth
Mastery
Play
Realization
Sexual
expression
Spontaneity

INTEGRITY

At ease
Authenticity
Balance
Coherence
Comfort
Dignity
Efficiency
Healing
Honesty
Protection
Quiet
Respect
Respect for
oneself
Self-confidence
Self-esteem
Taming
Vitality

AFFECTION

Care
Caring
Compassion
Comfort
Contact
Human
warmth
Kindness
Links
Sweetness
Tenderness
Touch
Welcome

MENTAL

Awareness
Challenge
Clarity
Discernment
Discovery
Learning
Reflection
Rigor
Stimulation
Understanding

INTERDEPENDENCE

Acceptance
Attention
Acceptance
Being seen
Belonging
Camaraderie
Community
Communication
Concertation
Congruence
Connection
Consideration
Cooperation
Empathy
Emotional security
Fairness
Feedback
Honesty
Inclusion
Listening
Love
Mutuality
Openness
Participation
Predictability
Privacy
Reciprocity
Recognition
Reliability
Sense of place
Shared reality
Shared
responsibility
Sharing
Trust

CELEBRATION

Adventure
Completeness
Fun
Gratitude
Happiness
Honor
Humor
Joy
Leisure

GRIEVING

Acceptance
Detachment
Mourning for...
...missing people
...our limits
...unfulfilled dreams
...unfulfilled needs

SPIRITUALITY

Beauty
Calm
Communion
Contact with nature
Direction
Harmony
Inspiration
Lightness
Order
Passion
Peace
Presence
Sense
Serenity
Wisdom