

Feelings

FEELINGS GUIDE ME TO UNIVERSAL NEEDS

(flip to other side for NEEDS list)

Joy & Contentment

glad	happy	tender	warm
joyful	pleased	peaceful	eager
refreshed	intrigued	relieved	thankful
delighted	relaxed	serene	adventurous
invigorated	thrilled	excited	calm
content	curious	amazed	inspired
bubbly	invigorated	energetic	loving
touched	vivacious		

Fear & Anxiety

afraid	alarmed	anxious	cautious
troubled	apprehensive	lonely	nervous
shocked	tense	worried	terrified
restless	numb	torn	confused
rattled	uneasy	unsure	bewildered

Anger & Frustration

aggravated	agitated	angry	annoyed
cranky	frustrated	furios	impatient
indignant	infuriated	resentful	upset
numb			

Sadness & Grief

sad	fragile	anguished	troubled
lonely	discouraged	exhausted	melancholy
despairing			

Beware!! Thoughts disguised as feelings

attacked	rushed	bullied	overworked
ignored	stupid	rejected	betrayed
manipulated	intimidated	unappreciated	etc.

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Needs & Values
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CONNECTION

acceptance	appreciation	cooperation	community
compassion	consideration	empathy	intimacy
love	mutuality	nurturing	self-respect
safety	stability	support	to see and be seen
to be heard	to be understood	to be seen for my true intentions	
understanding	trust	interdependence	honoring agreements

MEANING

celebration of life	challenge	clarity	competence
contribution	creativity	discovery	growth
learning	mourning	purpose	stimulation
self-expression	to matter	to understand	to explore & honor my own values

HONESTY

authenticity
integrity
presence

PEACE

beauty
ease
harmony
inspiration
order

AUTONOMY

choice
space
spontaneity
freedom

PLAY

joy
fun
humor

WELL-BEING

air / food / water
movement / exercise
sensory stimulation
rest / sleep
touch
intimacy