

Feelings when my needs are fulfilled

Feelings when my needs are not fulfilled



Physical feelings

relaxed
comfortable
energetic
centered
balanced
big
soft
strong
lively
in flow
full
free

Well-rested

refreshed
restored
recharged
awake
alert

Peaceful

calm
quiet
bright
zen
at ease
relieved
serene
carefree
unconcerned

Satisfied

fulfilled
satisfied
content

Cheerful

happy
amused
joyous
cheerful
delighted
ecstatic

Enthusiastic

excited
adventurous
playful
lively
eager
passionate
thrilled
radiant

Loving

tender
warm
openhearted
compassionate
friendly
sympathetic
touched

Thankful

grateful
moved
touched

Amazed

surprised
flabbergasted

Hopeful

heartened
encouraged
desirous
optimistic

Curious

fascinated
interested
engaged
involved
inspired

Confident

resolute
confident
powerful
open
proud
safe

Physical feelings

pain
limp
empty
small
smothered
short of breath
tense
wretched
sick

Sad

disappointed
dispirited
melancholic
depressed
down
gloomy
desirous
nostalgic

Regret

guilty
repentance

Worried

tense
nervous
anxious

Pain

hurt
lonely
wretched
mourning

Vulnerable

fragile
uncertain
sensitive

Tired

defeated
burnt-out
exhausted
sleepy
weary

Withdrawn

bored
detached
isolated
alienated
apathetic
cold
numb
impatient

Ashamed

guilty
embarrassed
shy

Desperate

helpless
hopeless
powerless
uncertain

Skeptical

torn
lost
bewildered
perplexed
confused

Scared

afraid
suspicious
panic
paralyzed
startled
anxious

Uncomfortable

troubled
nervous
restless
uncertain
insecure

Envious

jealous

Shocked

startled
upset
surprised
disturbed
alert
panic
overwhelmed

Frustrated

irritated
annoyed
impatient
embittered
irritable

Rage

angry
mad
upset
furious
resentful

Hate

hostile
aversion
bitter
loathing
contempt

Needs

Physical well-being

air
food
water
shelter
protection
(emotional)
safety
movement
rest
sleep
touch
sexual
 expression
health
comfort
warmth

Harmony

peace
tranquility
relaxation
beauty
order
ease
predictability
familiarity
stability
balance
completion
wholeness

Autonomy

choice
freedom
time
space
independence

Power

self-esteem
confidence
dignity
inner power
empowerment
competence
effectiveness

Pleasure

to celebrate
to mourn
flow
humor
laughter
vitality
challenge
stimulation

Connection

collaboration
reciprocity
communication
company
to belong
durability
continuity
to give
to receive
to see / to be seen
to hear / to be heard
to understand
to be understood

Liveliness

to discover
adventure
passion
spontaneity
play

Authenticity

honesty
integrity
transparency
openness
self-expression

Meaning

to learn
growth
to contribute
to enrich life
hope
creativity
inspiration
purpose
clarity
awareness
liberation
transformation
to matter
participate
to be present
simplicity

Love and attention

love
compassion
care
attention
acceptance
appreciation
reassurance
affection
trust
involvement
respect
care
support
nearness
intimacy
tenderness
softness
sensitivity
friendliness



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