

## Feelings

Furious	Lonely	Embarrassed
Anxious	Confused	Ashamed
Concerned	Happy	Excited
Vulnerable	Grumpy	Relieved
Angry	Impatient	Curious
Affectionate	Torn	Sad
Depressed	Reluctant	Overwhelmed
Inspired	Guarded	Stressed
Envious	Shocked	Nervous
Worried	Joyful	Uncomfortable
Unhappy	Bored	Intrigued
Grateful	Satisfied	Numb
Tender	Puzzled	Hopeful
Interested	Disappointment	Discouraged
Annoyed	Energetic	Thrilled
Optimistic	Ecstatic	Peaceful
Surprised	Open	Hurt
Relaxed	Exhausted	Calm
Enthusiastic	Content	Encouraged
Tired	Thankful	Frustrated
Irritated	Afraid	Troubled
Amazed	Scared	Resentful
Delighted	Indifferent	Comfortable

## Needs

To Matter and Belong	Harmony	Compassion and Empathy
Acceptance	Health and Well-being	Celebration
Stimulation	Authenticity	Kindness
Friendship	Resourcefulness	Hope
Predictability	To be Seen	Dependability
Consideration	Responsibility	Inclusion
Nurturance	Safety	Trust
Power in Your World	Fun and Play	Space
Self-expression	Dignity	Peace
Community	Effectiveness	Mourning
Intimacy	Clarity	Creativity
Appreciation	Reassurance	Protection
Meaning and Purpose	Accountability	Connection
To have your Intentions Seen	Congruence	Acknowledgement
Affection	Competence	Beauty and Aesthetics
Understanding	Balance	Security
Efficiency	Structure	Respect
Autonomy and Choice	Rest and Relaxation	Learning and Growth
Flexibility	Equality	Order
Freedom	Love	Integrity
Honesty	Contribution	Shared Reality
Spontaneity	Participation	Ease and Comfort
Privacy	Help and Support	To be Heard
Inspiration		