

Feelings which may occur when our **needs are not met**

ANGER	exasperated, mad, irate, furious, enraged, livid, antagonistic
ANNOYANCE	cranky, cross, disgruntled, irked, irritated, vexed, annoyed, bummed-out, frustrated, peeved, exasperated, ticked-off, aggravated
AVERSION	appalled, disgusted, repulsed, horrified, loathing, hateful, bitter
CONFUSION	uncertain, unsettled, bewildered, befuddled, puzzled, perplexed, surprised, perturbed, mystified, lost
DISAPPOINTMENT	dissatisfied, dismayed, disgruntled, disheartened, discouraged, frustrated, hurt
DISCONNECTION	disinterested, indifferent, bored, apathetic, reluctant, restless, aloof, detached, withdrawn, remote, distant, lonely
EMBARRASSMENT	chagrin, embarrassed, regret, remorse, sorrow, shy
FATIGUE	tired, lethargic, bored, weary, stretched, fatigued, burned-out
FEAR	apprehensive, unnerved, foreboding, dread, edgy, nervous, jittery, panicky, alarmed, fearful, frightened, scared, shocked, terror, horror, petrified, numb(ness), helpless
PAIN	dispirited, wretched, gloomy, miserable, devastated, blue, woeful, melancholy, hurt, sad, heartbroken, grief, dejected, forlorn, lonely, depressed, despair, hopeless, despondent, anguish, agony
TENSION & WORRY	unsettled, uncertain, distressed, frazzled, worried, exhausted, turmoil, rattled, turbulent, agitated, anxious, alarmed, sensitive, stretched, overwhelmed, startled, shaky, jittery, panicky, depleted, burned-out, fragile, vulnerable
YEARNING	wistful, nostalgia, desire, longing, envy

Feelings which may occur when our **needs are met**

AFFECTION	friendly, warm, affectionate, tender, sensitive, loving, desire, longing
ALIVENESS	alert, interested, fascinated, intrigued, amused, curious, inquisitive, stimulated, excited, surprised, invigorated, eager, inspired, enlivened, amazed, astonished, energetic, animated, dazzled, electrified, effervescent, engrossed, absorbed, expectant, adventurous, breathless, aroused, confident, fulfilled
APPRECIATION	appreciative, grateful, gratified, moved, touched, thankful, nourished, proud
COMPASSION	sensitive, moved, compassionate, open-hearted, empathic, sympathetic
CONFIDENCE	optimistic, hopeful, encouraged, confident, expectant, relieved
JOY	merry, gay, delighted, joyful, thrilled, overjoyed, exhilarated, exuberant, jubilant, glowing, radiant, rapturous, glorious, giddy, silly, mirthful
PEACE	calm, tranquil, serene, content, peaceful, mellow, warm, happy, blissful, reassured, trusting, open, carefree, safe, secure, attuned, relieved, refreshed, free



Besides essential requirements for physical survival, such as air, food, sleep, etc., people **across all cultures** share some basic needs that are necessary to thrive, to fulfil, and to realize ourselves.

INTERDEPENDENCE & HARMONY

Communication	Clarity, Honesty, Information, Openness, Understanding
Connectedness	Acceptance, Compassion, Communication, Ease, Empathy, Harmony, Mutuality, Shared Values/History/Culture, Trust, Understanding
Cooperation	Consideration, Participation, Mutuality, Respect, Support, Teamwork
Feedback	Acknowledgement, Appreciation, Contribution, Understanding
Inclusion	Acceptance, Equality, Sharing
Order	Balance, Clarity, Ease, Information, Understanding
Reliability	Accountability, Accessibility, Consistency, Dependability, Efficiency, Productivity, Stability
Peace	Ease, Relaxation, Serenity, Tranquility

INTEGRITY Authenticity, Equality, Honesty, Mutuality, Openness, Purpose, Respect, Trust

WELL-BEING (personal and/or organization). Refer also to other Needs.

Creative Expression, Health, Joy, Purpose, Meaning, Recreation, Rest, Safety, Security, Self-Reliance, Self-Worth, Shelter, Stability, Support, Sustenance, Viability

AUTONOMY Choice, Consideration, Expression, Freedom, Individuality, Respect, Self-Reliance, Space, Trust

CONTRIBUTION & GROWTH

Creativity	Beauty, Expression, Inspiration
Learning	Growth, Guidance, Wisdom, Support, Understanding
Purpose	Clarity, Direction, Meaning, Significance
Spiritual Expression	Connection, Inspiration, Order
Stimulation	Challenge, Experience, Inspiration, Variety, Vitality

CELEBRATION Community, Enjoyment, Fun, Creativity, Joy, Play, Recreation, Sharing

MOURNING Acceptance, Clarity, Celebration, Compassion, Empathy, Meaning, Peace, Respect, Sharing, Space, Support, Spirituality, Understanding, Wisdom

RELATIONSHIP (refer also to all of above Needs)

Community & Family	Companionship, Friendship, Shared Values
Companionship	Community, Friendship
Parenting	Comfort, Love, Nurturing, Sharing, Support, Understanding
Primary Relationship	Affection, Closeness, Comfort, Consideration, Love, Intimacy, Nurturing, Support, Sharing, Touch, Understanding

