

Feelings are experiences felt in the body that tell us if our needs are met or not met, and about what we are observing, thinking and wanting.

<u>PEACEFUL</u>	<u>LOVING</u>	<u>GLAD</u>	<u>PLAYFUL</u>	<u>INTERESTED</u>
tranquil	warm	happy	energetic	involved
calm	affectionate	excited	effervescent	inquisitive
content	tender	hopeful	invigorated	intense
engrossed	appreciative	joyful	zestful	enriched
absorbed	friendly	satisfied	refreshed	absorbed
expansive	sensitive	delighted	impish	alert
serene	compassionate	encouraged	alive	aroused
loving	grateful	grateful	lively	astonished
blissful	nurtured	confident	exuberant	concerned
satisfied	amorous	inspired	giddy	curious
relaxed	trusting	touched	adventurous	eager
relieved	open	proud	mischievous	enthusiastic
quiet	thankful	exhilarated	jubilant	fascinated
carefree	radiant	ecstatic	goofy	intrigued
composed	adoring	optimistic	buoyant	surprised
fulfilled	passionate	glorious	electrified	helpful
<u>MAD</u>	<u>SAD</u>	<u>SCARED</u>	<u>TIRED</u>	<u>CONFUSED</u>
impatient	lonely	afraid	exhausted	frustrated
pessimistic	heavy	fearful	fatigued	perplexed
disgruntled	troubled	terrified	inert	hesitant
frustrated	helpless	startled	lethargic	troubled
irritable	gloomy	nervous	indifferent	uncomfortable
edgy	overwhelmed	jittery	weary	withdrawn
grouchy	distant	horrified	overwhelmed	apathetic
agitated	despondent	anxious	fidgety	embarrassed
exasperated	discouraged	worried	helpless	hurt
disgusted	distressed	anguished	heavy	uneasy
irked	dismayed	lonely	sleepy	irritated
cantankerous	disheartened	insecure	disinterested	suspicious
animosity	despairing	sensitive	reluctant	unsteady
bitter	sorrowful	shocked	passive	puzzled
rancorous	unhappy	apprehensive	dull	restless
irate, furious	depressed	dread	bored	boggled
angry	blue	jealous	listless	chagrined
hostile	miserable	desperate	blah	unglued
enraged	dejected	suspicious	mopey	detached
violent	melancholy	frightened	comatose	skeptical

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WELL BEING

Sustenance

balance
exercise, movement
food, water, air
health
nourishment
nutrition
rest, recreation
rejuvenation
sleep
touch
warmth
wellness
vitality, energy

Safety

comfort
peace
protection from harm
relaxation
security
shelter
trust

Order

abundance
calm, ease
confidence
consistency
equanimity
flow
focus
harmony
interdependence
predictability
simplicity
serenity
stability
structure
tranquility
trust
wholeness

CONNECTION

Love

affection
care
closeness
dignity, intimacy
equality
esteem, positive regard
generosity
kindness
mattering, importance
nurturing
support, help
respect, honoring
valuing, prizing

Empathy

awareness
acceptance
acknowledgment
communication
compassion
consideration
empathy
openness
presence
recognition
receptivity
sensitivity
understanding

Belonging

collaboration, team
community
companionship
cooperation
fellowship
generosity
inclusion
home
hospitality, welcoming
mutuality, reciprocity
partnership

SELF-EXPRESSION

Freedom

adventure
actualization
autonomy
choice
creativity, innovation
growth, challenge
humor
independence
joy
play, fun
spontaneity

Honesty

authenticity
clarity
congruence
dependability
integrity
power, empowerment
presence
reliability
trust

Meaning

achievement, success
aliveness
appreciation, gratitude
beauty
celebration, mourning
contribution
discovery
efficacy, effectiveness
excellence, mastery, skill
inspiration
learning
passion
purpose
vision
wisdom
wonder

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