

Feelings when Needs ARE met		Feelings when Needs are NOT met		Natural Universal Human NEEDS	
<b>Happy</b> Joyful Delighted Amused Adventurous Blissful Elated	<b>Relaxed</b> Relieved Rested Mellow At ease Light	<b>Scared</b> Apprehensive Worried Panicky Dread Frightened	<b>Angry</b> Furious Rage Irate Resentful	<b>Appreciation</b> Acknowledgement To be seen To be known To matter To be heard	<b>**To Contribute**</b>
<b>Thankful</b> Appreciative Moved Touched Tender Expansive Grateful	<b>Content</b> Cheerful Glad Comfortable Pleased	<b>Nervous</b> Jittery Anxious Restless	<b>Frustrated</b> Disappointed Discouraged Disheartened Impatient	<b>Honesty</b> Integrity Authenticity Wholeness Fairness	<b>Empathy</b> Consideration Compassion Connection Communication Reassurance Love/Warmth Intimacy Understanding Acceptance
<b>Excited</b> Overjoyed Fervent Enthusiastic Giddy Eager Ecstatic Thrilled	<b>Friendly</b> Affectionate Loving Passionate	<b>Tense</b> Cranky Stiff Stressed Overwhelmed Agitated Aggravated Uneasy	<b>Shocked</b> Disturbed Stunned Alarmed Appalled Concerned Horrified	<b>Community</b> Communion Belonging Friendship Companionship Respect Support Trust Mutuality Cooperation	<b>Nurturing</b> Affection Caring Touch Comfort
<b>Satisfied</b> Fulfilled Gratified	<b>Alert</b> Awake Clearheaded Focused	<b>Hurt</b> Pain Agony Anguish Heartbroken Lonely	<b>Sad</b> Grief Despair Gloomy Sullen Downhearted	<b>Purpose</b> Competence Efficiency Meaning Growth Learning Challenge Order /Structure Discovery Stimulation Inspiration	<b>Survival</b> Safety Food /water Shelter Health Rest /Sleep Security
<b>Interested</b> Curious Absorbed	<b>Peaceful</b> Tranquil Serene Calm	<b>Depressed</b> Disconnected Detached Despondent Dejected Bored	<b>Torn</b> Ambivalent Confused Puzzled	<b>Autonomy</b> Freedom Choice Independence	<b>Celebration</b> Honor Aliveness Spontaneity Mourning
<b>Healthy</b> Empowered Alive Robust	<b>Confident</b> Secure Safe Hopeful	<b>Tired</b> Burned-Out Exhausted Lethargic Beat Dull	<b>Jealous</b> Envious Bitter	<b>Play</b> Creativity Sexuality Expression Passion Joy Humor	<b>Union</b> Spirituality Serenity Hope Healing Harmony Groundedness Peace Faith

Adapted by Tina Taylor 2013  
 from works by M. Rosenberg  
 and L. Charde.  
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**\*\*CONTRIBUTION\*\*,  
 Giving To Others, is one  
 of our deepest Needs**

**Clarity**  
 Awareness  
 Focus  
 Information