

# Feelings and Needs Reference Guide

This is not intended to be a comprehensive list. It is a starting point to help you gain awareness of your inner experience.

## Feelings (Emotions) when Needs are Met

Expanding your emotional vocabulary and deepening self-awareness can significantly enhance how you connect with yourself and others.

**AFFECTIONATE**  
compassionate  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

**CONFIDENT**  
empowered  
open  
proud  
safe  
secure

**ENGAGED**  
absorbed  
alert  
curious  
enchanted  
engrossed  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

**EXCITED**  
amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

**EXHILARATED**  
blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

**GRATEFUL**  
appreciative  
moved  
thankful  
touched

**HOPEFUL**  
expectant  
encouraged  
optimistic

**INSPIRED**  
amazed  
awed  
wonder

**JOYFUL**  
amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

**PEACEFUL**  
calm  
centered  
clear headed  
comfortable  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

**REFRESHED**  
enlivened  
rejuvenated  
renewed  
rested  
restored  
revived



# Feelings (Emotions) when Needs are NOT Met

Expanding your emotional vocabulary and deepening self-awareness can significantly enhance how you connect with yourself and others.



## AFRAID

apprehensive  
dread  
foreboding  
frightened  
mistrustful  
panicked  
petrified  
scared  
suspicious  
terrified  
wary  
worried

## AVERSION

animosity  
appalled  
contempt  
disgusted  
dislike  
hate  
horrified  
hostile  
repulsed

## DISQUIET

agitated  
alarmed  
discombobulated  
disconcerted  
disturbed  
perturbed  
rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

## FATIGUE

beat  
burnt out  
depleted  
exhausted  
lethargic  
listless  
sleepy  
tired  
weary  
worn out

## ANGRY

enraged  
furious  
incensed  
indignant  
irate  
livid  
outraged  
resentful

## CONFUSED

ambivalent  
baffled  
bewildered  
dazed  
hesitant  
lost  
mystified  
perplexed  
puzzled  
torn

## PAIN

agony  
anguished  
bereaved  
devastated  
grief  
heartbroken  
hurt  
lonely  
miserable  
regretful  
remorseful

## ANNOYED

aggravated  
disgruntled  
dismayed  
displeased  
exasperated  
frustrated  
impatient  
irked  
irritated

## DISCONNECTED

alienated  
aloof  
apathetic  
bored  
cold  
detached  
distant  
distracted  
indifferent  
numb  
removed  
uninterested  
withdrawn

## EMBARRASSED

ashamed  
chagrined  
flustered  
guilty  
mortified  
self-conscious

# Feelings (Emotions) when Needs are NOT Met

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## SAD

dejected  
depressed  
despair  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
unhappy  
wretched

## TENSE

anxious  
cranky  
distressed  
distraught  
edgy  
fidgety  
frazzled  
irritable  
jittery  
nervous  
overwhelmed  
restless  
stressed out

## VULNERABLE

fragile  
guarded  
helpless  
insecure  
leery  
reserved  
sensitive  
shaky

## YEARNING

envious  
jealous  
longing  
nostalgic  
pining  
wistful

**Faux Feelings:** the following words are often confused as feelings when they are interpretations or assessments of others' actions.

Abandoned, abused, accused, attacked, belittled, betrayed, blames, bullied, cheapened, cheated, coerced, condemned, controlled, cornered, criticized, devalued, diminished, discredited, dismissed, disparaged, disrespected, distrusted, excluded, harassed, ignored, insulted, interrupted, intimidated, invalidated, judged, let down, manipulated, micromanaged, misunderstood, mistrusted, neglected, offended, oppressed, patronized, pressured, provoked, put down, rejected, ridiculed, ripped off, scapegoated, shamed, taken for granted, threatened, tricked, trivialized, unappreciated, unheard, unloved, unseen, unsupported, unwanted, used, victimized, vilified, violated, wronged



# Universal Human Needs

Expressing our own needs and acknowledging the needs of others  
enables us to create common ground



## INTERDEPENDENCE

acceptance  
affection  
appreciation  
being heard  
being seen  
belonging  
closeness  
communication  
community  
companionship  
connection  
consideration  
consistency  
contribution  
cooperation  
emotional freedom  
emotional safety  
empathy  
equality  
friendship  
honesty  
intimacy  
love  
predictability  
reassurance  
reliability  
respect  
sharing  
stability  
support  
trust  
understanding

## MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope

## MENTAL

clarity  
comprehension  
consciousness  
discernment  
information  
reflection  
stimulation  
thinking  
understanding

## PLAY

adventure  
fun  
humor  
joy  
laughter  
relaxation

## PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

## PHYSICAL

NURTURANCE  
air  
bonding  
comfort  
exercise  
movement  
nourishment  
physical affection  
rest  
safety  
sexual expression  
shelter  
sunlight  
tenderness  
touch  
water

## SPIRITUAL

COMMUNION  
awareness  
beauty  
giving  
grace  
gratitude  
harmony  
inspiration  
mastery  
order  
peace  
serving

# Universal Human Needs

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enables us to create common ground



## AUTONOMY

authenticity  
choice  
freedom  
honesty  
independence  
individuality  
integrity  
liberty  
presence  
self empowerment  
solitude  
space  
spontaneity

## CELEBRATION OF LIFE

aliveness  
authenticity  
communion  
creativity  
delight  
dreams  
excitement  
growth  
humor  
integrity  
intensity  
meaning  
mourning  
passion  
pleasure  
purpose  
self respect  
self worth  
stimulation  
values  
vision

## CONNECTION

acceptance  
affection  
appreciation  
belonging  
closeness  
communication  
community  
companionship  
compassion  
consideration  
consistency  
cooperation  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect  
safety  
security  
self respect  
stability  
support  
to be known  
to be seen  
to be understood  
trust  
warmth

absorbed	breathless	distant	fondness
adventurous	breathless	distraught	forlorn
affectionate	brokenhearted	distressed	friendly
afraid	buoyant	disturbed	frightened
aggravated	calm	doubtful	frustrated
agitation	carefree	downcast	fulfilled
alarmed	chagrined	downhearted	furious
alert	cold	dread	gay
alive	comfortable	dull	giddy
aloof	concerned	eager	glad
amazed	confident	ecstatic	gleeful
amorous	confused	ebullient	gloomy
amused	contented	edgy	glorious
angry	contrite	effervescent	glowing
anguish	cool	elated	grateful
animated	cozy	electrified	gratified
animosity	cross	embarrassed	grief
annoyance	curious	embittered	grief
anxious	cushy	enchanted	guilty
apathetic	dazzled	encouraged	happy
appalled	dejected	energetic	hate
appreciative	delighted	engrossed	heavy
apprehensive	depressed	enlivened	helpful
aroused	despair	enraged	helpless
ashamed	despondent	enthralled	hesitant
astonished	detached	enthusiastic	hopeful
astounded	diffident	envious	horrible
aversion	disappointed	exalted	horrified
awake	disconnected	exasperated	hostile
awed	discouraged	excited	hot
awful	disenchanted	exhausted	humbled
bad	disgruntled	exhilarated	humdrum
beat	disgusted	expansive	hurt
bewildered	disheartened	expectant	impatient
bitter	disinterested	exposed	incensed
blah	dislike	exuberant	indifferent
blissful	dismayed	fascinated	indignant
blue	displeased	fatigued	infuriated
bored	disquieted	fearful	inquisitive

insecure	peaceful	sleepy	warm
inspired	perky	sorrowful	weary
intense	perplexed	sour	withdrawn
interested	pessimistic	spacious	woeful
intrigued	pleased	spellbound	worn out
invigorated	proud	spent	worried
involved	puzzled	spiritless	zestful
irate	puzzled	startled	
irked	quiet	startled	
irritated	radiant	still	
jealous	rancorous	stimulated	
jittery	rapturous	stunned	
joyful	refreshed	surprised	
joyous	regretful	surprised	
jubilant	reinvigorated	suspicious	
lazy	rejuvenated	tender	
lethargic	relaxed	tense	
liberated	relieved	terrified	
listless	reluctant	thankful	
lonely	remorseful	thrilled	
loving	renewed	tickled	
mad	repelled	tired	
mean	resentful	touched	
melancholy	rested	tranquil	
mellow	restless	troubled	
merry	restored	uncertain	
mirthful	revived	uncomfortable	
miserable	revolted	uneasy	
mopey	sad	unglued	
morose	safe	unhappy	
moved	satisfied	unnerved	
nervous	scared	unsteady	
optimistic	secure	upbeat	
overwhelmed	sensitive	uplifted	
overwhelmed	serene	upset	
pain	shaky	uptight	
panicky	shocked	vengeful	
passionate	shocked	vexed	
passive	skeptical	vulnerable	

acceptance	ease	nurturing	thinking
adventure	effectiveness	order	to be known
affection	efficacy	passion	to be seen
air	emotional freedom	peace	to be understood
aliveness	emotional safety	peace	to understand
appreciation	empathy	physical affection	touch
authenticity	equality	play	trust
autonomy	excitement	pleasure	trust
awareness	exercise	predictability	understanding
beauty	freedom	presence	values
being	friendship	purpose	vision
being heard	fun	reassurance	warmth
being seen	giving	reflection	water
belonging	grace	relaxation	
bonding	gratitude	reliability	
celebration of life	growth	respect	
challenge	harmony	rest	
choice	honesty	safety	
clarity	hope	safety	
closeness	humor	security	
comfort	inclusion	self empowerment	
communication	independence	self respect	
communion	individuality	self respect	
community	information	self worth	
companionship	inspiration	serving	
compassion	integrity	sexual expression	
competence	intensity	sharing	
comprehension	interdependence	shelter	
connection	intimacy	solitude	
consciousness	joy	space	
consideration	laughter	spiritual communion	
consistency	liberty	spontaneity	
contribution	love	stability	
cooperation	mastery	stability	
creativity	meaning	stimulation	
delight	mourning	stimulation	
discernment	movement	sunlight	
discovery	mutuality	support	
dreams	nourishment	tenderness	