Needs and Feelings Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

**CONNECTION**
- acceptance
- affection
- appreciation
- belonging
- cooperation
- communication
- closeness
- community
- companionship
- compassion
- consideration
- consistency
- empathy
- inclusion
- interdependence
- intimacy
- love
- mutuality
- nurturing
- respect
- self-respect
- safety
- security
- stability
- support
- to know and be known
- to see and be seen
- to understand
- to be understood
- trust
- warmth

**HONESTY**
- authenticity
- integrity
- presence

**PLAY**
- fun
- joy
- humor

**PEACE**
- balance
- beauty
- communion
- ease
- equality
- harmony
- inspiration
- order

**PHYSICAL WELL-BEING**
- air
- elimination
- hydration (water)
- nourishment (food)
- movement (exercise)
- rest/sleep
- sexual expression
- safety
- shelter
- touch
- warmth

**MEANING**
- awareness
- celebration of life
- challenge
- clarity
- competence
- consciousness
- contribution
- creativity
- discovery
- efficacy
- effectiveness
- growth
- hope
- learning
- mourning
- participation
- purpose
- self-expression
- stimulation
- to matter
- understanding

**AUTONOMY**
- choice
- expression
- freedom
- independence
- space
- spontaneity
Words to Describe FEELINGS

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: Feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

Some feelings when your needs are satisfied:

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

- **CONFIDENT**
  - empowered
  - open
  - proud
  - safe
  - secure

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

- **EXHILARATED**
  - blissful
  - delighted
  - ecstatic
  - elated
  - enthralled
  - exuberant
  - pleased
  - radiant
  - rapturous
  - thrilled

- **HOPEFUL**
  - expectant
  - encouraged
  - optimistic

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

- **REFRESHED**
  - awake
  - energized
  - enlivened
  - rejuvenated
  - renewed
  - rested
  - restored
  - revived

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

- **GRATEFUL**
  - appreciative
  - moved
  - thankful
  - touched
  - warm

- **EXCITED**
  - alive
  - amazed
  - animated
  - ardent
  - aroused
Needs and Feelings Inventory, cont.

Some feelings when your needs are *not* satisfied:

**AFRAID**
- apprehensive
- dread
- foreboding
- mistrustful
- panicked
- petrified
- scared
- suspicious
- terrified
- wary
- worried

**ANNOYED**
- aggravated
- dismayed
- disgruntled
- displeased
- exasperated
- frustrated
- impatient
- irritated
- irked

**ANGRY**
- enraged
- furious
- incensed
- indignant
- irate
- livid
- outraged
- uneasy
- unnerved
- unsettled
- upset

**AVERSION**
- animosity
- appalled
- contempt
- disgusted
- dislike
- hate
- horrified

**CONFUSED**
- ambivalent
- baffled
- bewildered
- dazed
- hesitant
- lost
- mystified
- perplexed
- puzzled
- torn

**DISCONNECTED**
- aloof
- apathetic
- bored
- cold
- detached
- distant
- distracted
- indifferent
- numb
- removed
- uninterested
- shut down
- withdrawn

**DISQUIET**
- agitated
- alarmed
- discombobulated
- disconcerted
- disturbed
- perturbed
- rattled
- restless
- shocked
- startled
- surprised
- troubled
- turbulent
- turmoil

**EMBARRASSED**
- ashamed
- chagrined
- flustered
- guilty
- mortified
- self-conscious

**FATIGUE**
- beat
- burnt out
- depleted
- exhausted
- lethargic
- listless
- sleepy
- spent
- tired
- weary
- worn out

**PAIN**
- agony
- anguished
- bereaved
- devastated
- grief
- heartbroken
- hurt
- lonely
- miserable
- regretful
- remorseful

**SAD**
- Brokenhearted
- depressed
- dejected
- 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
- regretting
- wistful