

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

EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

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withdrawn

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