

Feelings, Needs & Physical Sensations Sheet*



Feelings when needs are met

GLAD
happy
excited
hopeful
joyful
satisfied
delighted
encouraged
confident
inspired
relieved
touched
proud
elated

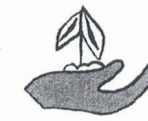
THANKFUL
grateful
appreciative

PEACEFUL
calm
content
expansive
serene
loving
blissful
clear

PLAYFUL
energetic
invigorated
stimulated
alive
eager
enthusiastic
excited

LOVING
warm
affectionate
tender
friendly
sensitive
compassionate
nurtured
trusting

RESTED
relaxed
alert
refreshed
energized



Feelings when needs are not met

SAD
lonely
heavy
hopeless
gloomy
grief
overwhelmed
distant
dismayed
discouraged
distressed
disheartened
disappointed

CONFUSED
perplexed
hesitant
troubled
torn
worried

SCARED
afraid
fearful
terrified
startled
nervous
panicky
jittery
horrified
anxious
lonely
skeptical
suspicious

TIRED
exhausted
lethargic
weary
overwhelmed
withdrawn

MAD
angry
annoyed
exasperated
agitated
furious
enraged
hostile
bitter
resentful
disgusted
frustrated

UNEASY
uncomfortable
ashamed
hurt
miserable
guilty



Universal human needs

TRUST
safety
security
understanding
honesty
love
to matter
community
play/fun
appreciation
freedom
meaning
rest

RECOGNITION
respect
validation
equality
reliability
predictability

COMPASSION
empathy
autonomy
choice
freedom
nurturance
comfort
warmth/caring
self-expression
contribution
creativity
effectiveness
growth
healing

INTIMACY
sharing
connection
companionship
support
cooperation

INTEGRITY
self-worth
authenticity
purpose
honesty
celebration
humor
passion
mourning
accountability
peace
ease
beauty

CLARITY
awareness
to be heard
to be seen

aching
bloated
breathless
bubbly
buzzy
clammy
clenched
cold
cool
congested
constricted
contracted
curled
damp
dry
dull
dizzy
empty
expansive
faint

floating
flowing
fluid
flushed
fluttery
fragile
frantic
frozen
full
fuzzy
glowing
heavy
heated
hollow
hot
itchy
jittery
jumpy
knotted
light

limber
lumps
moist
numb
open
paralyzed
pounding
pressure
prickly
puffy
pulsing
queasy
quivery
radiating
ragged
raw
restricted
shaky
smooth
spacey

spacious
spinning
stiff
still
strong
suffocating
sweaty
tense
thick
thin
tight
tingly
trembly
throbbing
twitchy
vibrating
warm
wobbly

*Appendix D, corrected July 2021

