

SOME FEELINGS WHEN NEEDS ARE MET

SOME FEELINGS WHEN NEEDS ARE NOT MET

- Affectionate**
 - Loving
 - Friendly, warm
 - Tender
- Confident**
 - Empowered
 - Safe, secure
- Fascinated**
 - Engaged
 - Involved
 - Amazed
- Inspired**
 - Awe
 - Wonder
- Fascinated**
 - Engaged
 - Involved
 - Amazed
- Stimulated**
 - Animated
 - Excited, eager
 - Aroused
- Hopeful**
 - Anticipating
 - Optimistic
- Elated**
 - Ecstatic
 - Exuberant
 - Thrilled
- Content**
 - Satisfied
 - Fulfilled
 - Blissful
- Energetic**
 - Lively
 - Passionate
 - Exhilarated
- Refreshed**
 - Rejuvenated
 - Restored
- Curious**
 - Alert, Absorbed
 - Interested
- Joy**
 - Happy, glad
 - Jubilant
 - Pleased
- Centered**
 - Trusting
 - Clear
 - Open
- Gratitude**
 - Appreciative
 - Moved, touched
- Amused**
 - Tickled
 - Delighted
- Peace**
 - Calm
 - Relaxed



- Embarrassed**
 - Flustered
 - Self-conscious
- Agitated**
 - Distressed
 - Disturbed
 - Uncomfortable
- Disconnected**
 - Bored
 - Detached
 - Apathetic
- Shame**
- Shocked**
 - Unnerved
 - Unsettled
 - Startled
- Confused**
 - Lost
 - Mystified
 - Torn
- Afraid**
 - Panicky
 - Cautious
 - Freaked out
- Anger**
- Fatigue**
 - Burnt out
 - Tired
 - Exhausted
- Vulnerable**
 - Insecure
 - Shaky
 - Helpless
- Averse**
 - Disgusted
 - Hate/dislike
 - Repulsed
- Guilt**
 - Regret
 - Remorse
- Annoyed**
 - Frustrated
 - Exasperated
 - Cheesed off
- Tense**
 - Stressed
 - Overwhelmed
 - Frazzled
- Depression**
- Sad**
 - Discouraged
 - Hopeless
 - Disheartened
- Pain**
 - Grief
 - Misery
 - Hurt
- Longing**
 - Jealousy
 - Resentment
 - Pining

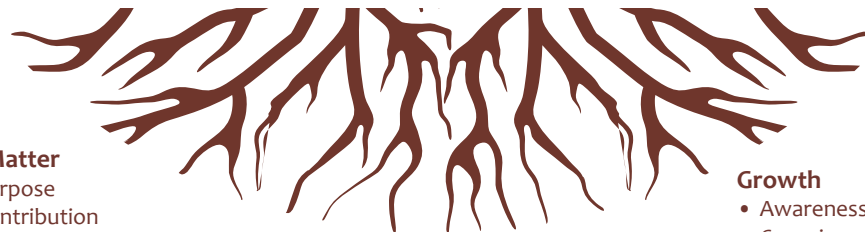
- Love**
 - Affection
 - Compassion
 - Consideration
 - Intimacy
 - Love
 - Nurturing
 - Warmth
 - Companionship
 - Touch
- Connection**
 - Empathy
 - Closeness
 - Communication
 - Presence
- Peace**
 - Beauty
 - Communion
 - Ease
 - Equality
 - Harmony
 - Inspiration
 - Order

- Community**
 - Acceptance
 - Appreciation
 - Belonging
 - Inclusion
 - Cooperation
 - Support
 - Participation

- Play**
 - Joy
 - Humour
 - Laughter

- To Matter**
 - Purpose
 - Contribution
 - Creativity
 - Celebration of life

**I FLOURISH WHEN I NOURISH
THE NEEDS BENEATH MY FEELINGS**



- Shared Reality**
 - To know and be known
 - To see and be seen
 - To understand
 - Be understood
 - Stability
 - Consistency

- Growth**
 - Awareness
 - Consciousness
 - Discovery
 - Learning

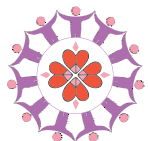
- Honesty**
 - Authenticity
 - Integrity

- Autonomy**
 - Choice
 - Freedom
 - Self-expression
 - Independence
 - Space
 - Spontaneity
 - Respect/self-respect

- Meaning**
 - Challenge
 - Competence
 - Clarity
 - Efficacy
 - Effectiveness
 - Understanding
 - Stimulation

- Physical Well-being**
 - Air, breath
 - Food and water
 - Movement
 - Rest and sleep
 - Sexual expression
 - Safety
 - Comfort, shelter

- Healing**
 - Mourning
 - Growth
 - Care



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Based on the work of
Marshall Rosenberg
(CNVC.org)