



Needs/Values and Feelings

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs

Well Being	Connection	Self-Expression
<p>Safety peace confidence comfort consistency courage equanimity order predictability protection from harm security stability shelter trust, reliability</p>	<p>Care acceptance affection appreciation fairness, justice generosity intimacy, closeness kindness love mattering, importance nurturing unconditional pos. regard valuing, prizing, dignity warmth, touch</p>	<p>Freedom adventure self-actualization aliveness autonomy, choice courage creativity fun growth independence innovation joy, happiness spontaneity wonder, discovery</p>
<p>Health abundance balance exercise, movement flexibility food, water, air, shelter nutrition, nourishment prosperity, richness simplicity sleep sustainability wellness</p>	<p>Empathy awareness acknowledgment communication compassion consideration presence recognition receptivity seeing, being seen sensitivity understanding</p>	<p>Honesty authenticity congruence dependability integrity, trust openness power, empowerment presence realness reliability respect, honoring</p>
<p>Play beauty calm ease, flow energy, vitality enthusiasm exuberance fun, joy, happiness harmony humor recreation rejuvenation rest, relaxation tranquility, serenity</p>	<p>Community belonging companionship collaboration, cooperation friendship, fellowship help, support inclusion, equality interdependence home hospitality, welcoming mutuality, reciprocity partnership team synergy</p>	<p>Meaning achievement, success appreciation, gratitude celebration, mourning challenge contribution efficacy, effectiveness excellence, mastery, skill inspiration learning, focus passion, commitment purpose structure, discipline vision, clarity wisdom</p>



Feelings

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

<p>Peaceful tranquil calm content engrossed absorbed expansive serene loving blissful satisfied relaxed relieved quiet carefree composed fulfilled</p>	<p>Loving warm affectionate tender appreciative friendly sensitive compassionate grateful nurtured amorous trusting open thankful radiant adoring passionate</p>	<p>Glad happy excited hopeful joyful satisfied delighted encouraged grateful confident inspired touched proud exhilarated ecstatic optimistic glorious</p>	<p>Playful energetic effervescent invigorated zestful refreshed impish alive lively exuberant giddy adventurous mischievous jubilant goofy buoyant electrified</p>	<p>Interested involved inquisitive intense enriched absorbed alert aroused astonished concerned curious eager enthusiastic fascinated intrigued surprised helpful</p>
<p>Mad impatient pessimistic disgruntled frustrated irritable edg grouchy agitated exasperated disgusted irked cantankerous animosity bitter rancorous irate, furious angry hostile enraged violent</p>	<p>Sad lonely heavy troubled helpless gloomy overwhelmed distant despondent discouraged distressed dismayed disheartened despairing sorrowful unhappy depressed blue miserable dejected melancholy</p>	<p>Scared afraid fearful terrified startled nervous jittery horrified anxious worried anguished lonely insecure sensitive shocked apprehensive dread jealous desperate suspicious frightened</p>	<p>Tired exhausted fatigued inert lethargic indifferent weary overwhelmed fidgety helpless heavy sleepy disinterested reluctant passive dull bored listless blah mopey comatose</p>	<p>Confused frustrated perplexed hesitant troubled uncomfortable withdrawn apathetic embarrassed hurt uneasy irritated suspicious unsteady puzzled restless boggled chagrined unglued detached skeptical</p>