

Feelings When Needs Met



Passionate
Touched
Delighted
Content
Comfortable
Enchanted
Excited
Hopeful
Happy
Relaxed
Inspired
Pleased
Peaceful
Compassion
Amazed
Alive
Grateful
Centered
Joy
Relieved
Satisfied

Feelings When Needs Not Met

Anxious
Confused
Embarrassed
Depressed
Frustrated
Resentful
Afraid
Annoyed
Sad
Worried
Bored
Cranky
Angry
Upset
Ashamed
Hurt
Torn
Disappointed
Jealous
Suspicious
Vulnerable
Discouraged
Unhappy
Numb
Lonely
Guilty



Universal Needs: Life energy in us seeking fulfillment.

Resources required to sustain and enrich life.

Needs don't reference specific people, places, things or actions.

Key Distinction: Need vs. Strategy

Inspired by Marshall Rosenberg, Ph.D. and Manfred Max-Neef, Ph.D.

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