



Feelings *tell us if needs met*



- Happy
- Joyful
- Grateful
- Touched
- Hopeful
- Excited
- Delighted
- Inspired
- Amazed
- Enchanted
- Relieved
- Peaceful
- Centered
- Relaxed
- Content
- Pleased
- Comfortable
- Satisfied
- Alive
- Passionate
- Compassion
- Sad, Bummed
- Afraid
- Anxious
- Upset
- Embarrassed
- Hurt
- Depressed
- Cranky
- Annoyed
- Worried
- Concerned
- Angry
- Confused
- Jealous
- Unhappy
- Disappointed
- Discouraged
- Bored
- Lonely
- Guilty, Ashamed
- Overwhelmed
- Torn
- Suspicious
- Vulnerable
- Frustrated
- Numb



Needs (Values) *resources required to* *sustain and enrich life*

- Survival
 - Sustenance
 - Shelter
 - Procreation
 - Nurturance
- Protection
 - Security
 - Safety
 - Justice
 - Respect
 - Consideration
- Meaning
 - Purpose
 - Contribution
 - Competence
 - Efficiency
- Autonomy
 - Freedom
 - Choice
 - Creativity
 - Empowerment
- Interdependence
 - Cooperation
 - Community
 - Inclusion
 - Mutuality
 - Support
- Honesty
 - Authenticity
 - Self-Connection
 - Expression
 - Clarity
 - Learning
- Well-Being
 - Healing
 - Peace
 - Balance
 - Ease
 - Trust
- Empathy
 - To be known*
 - Understanding
 - Connection
 - Acceptance
 - Affection
 - Acknowledgement
 - Intimacy
 - Love
- Regeneration
 - Rest
 - Celebration
 - Mourning
 - Leisure
 - Play
 - Forgiveness
- Transcendence
 - Integrity
 - Presence
 - Beauty
 - Harmony
 - Flow
 - Space
 - Hope, Faith
 - Life