

## Some Basic Feelings We All Have



### Feelings when needs are fulfilled

- \* Amazed
- \* Comfortable
- \* Confident
- \* Eager
- \* Energetic
- \* Fulfilled
- \* Glad
- \* Hopeful
- \* Inspired
- \* Intrigued
- \* Joyous
- \* Moved
- \* Optimistic
- \* Proud
- \* Relieved
- \* Stimulated
- \* Surprised
- \* Thankful
- \* Touched
- \* Trustful

### Feelings when needs are not fulfilled

- \* Angry
- \* Annoyed
- \* Concerned
- \* Confused
- \* Disappointed
- \* Discouraged
- \* Distressed
- \* Embarrassed
- \* Frustrated
- \* Helpless
- \* Hopeless
- \* Impatient
- \* Irritated
- \* Lonely
- \* Nervous
- \* Overwhelmed
- \* Puzzled
- \* Reluctant
- \* Sad
- \* Uncomfortable

## Some Basic Needs We All Have



### Autonomy

- \* Choosing dreams/goals/values
- \* Choosing plans for fulfilling one's dreams, goals, values

### Celebration

- \* Celebrating the creation of life and dreams fulfilled
- \* Celebrating losses: loved ones, dreams, etc. (mourning)

### Integrity

- \* Authenticity
- \* Creativity
- \* Meaning
- \* Self-worth

### Interdependence

- \* Acceptance
- \* Appreciation
- \* Closeness
- \* Community
- \* Consideration
- \* Contribution to the enrichment of life
- \* Emotional Safety
- \* Empathy

### Physical Nurturance

- \* Air
- \* Food
- \* Movement, exercise
- \* Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals
- \* Rest
- \* Sexual expression
- \* Shelter
- \* Touch
- \* Water

### Play

- \* Fun
- \* Laughter

### Spiritual Communion

- \* Beauty
- \* Harmony
- \* Inspiration
- \* Order
- \* Peace
- \* Honesty (the empowering honesty that enables us to learn from our limitations)
- \* Love
- \* Reassurance
- \* Respect
- \* Support
- \* Trust
- \* Understanding