

# FEELINGS

## MAD

- Miffed
- Frustrated
- Irritated
- Agitated
- Exasperated
- Bitter
- Aggravated
- Hostile
- Angry
- Furious
- Enraged

## CONFUSED

- Perplexed
- Hesitant
- Troubled
- Uncomfortable
- Torn
- Withdrawn
- Apathetic
- Embarrassed
- Hurt
- Uneasy

## SCARED

- Afraid
- Fearful
- Terrified
- Startled
- Nervous
- Panicky
- Jittery
- Horrified
- Anxious
- Worried
- Overwhelmed

## PEACEFUL

- Tranquil
- Calm
- Content
- Engrossed
- Absorbed
- Expansive
- Serene
- Loving
- Blissful

## LOVING

- Warm
- Affectionate
- Tender
- Appreciative
- Friendly
- Sensitive
- Compassionate
- Grateful
- Nurtured

## GLAD

- Happy
- Excited
- Hopeful
- Joyful
- Satisfied
- Delighted
- Encouraged
- Grateful
- Confident
- Inspired

## PLAYFUL

- Energetic
- Effervescent
- Invigorated
- Zestful
- Refreshed
- Stimulated
- Impish
- Alive
- Exuberant

## SAD

- Lonely
- Heavy
- Troubled
- Helpless
- Gloomy
- Grief
- Distant
- Despondent
- Discouraged
- Distressed
- Pessimistic

## TIRED

- Exhausted
- Fatigued
- Inert
- Lethargic
- Indifferent
- Listless
- Weary
- Overwhelmed
- Fidgety
- Helpless

# NEEDS

## CONNECTION

- Acceptance
- Affection
- Appreciation
- Belonging
- Cooperation
- Communication
- Closeness
- Community
- Companionship
- Compassion
- Consideration
- Empathy
- Inclusion
- Intimacy
- Love
- Mutuality
- Respect/Self-respect
- Safety
- Security
- Stability
- To be heard
- To know & be known
- To see & be seen
- To understand & be Understood
- Warmth

## HONESTY

- Authenticity
- Integrity
- Presence

## PLAY

- Joy
- Humor
- Fun
- Excitement

## PEACE

- Beauty
- Communion
- Ease
- Equality
- Harmony
- Inspiration
- Order

## PHYSICAL WELL-BEING

- Air
- Food
- Movement/Exercise
- Rest/Sleep
- Sexual expression
- Safety/Protection
- Touch
- Water

## MEANING

- Awareness
- Celebration
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Learning
- Mourning
- Participation
- Purpose
- Self-expression
- Stimulation
- Understanding

## AUTONOMY

- Choice
- Freedom
- Independence
- Space