

UNPLEASANT FEELINGS

When you do not enjoy what is happening



Surprised
Shocked



Concerned
Tense, Jittery



Angry, Mad
Furious, Upset



Frustrated



Scared
Worried



Confused



Sad,
Disappointed



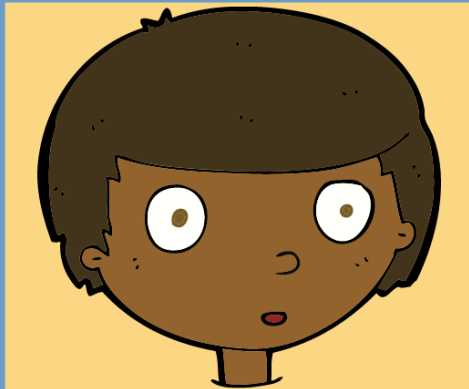
Torn



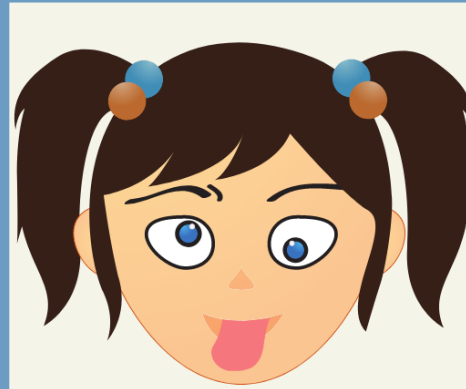
Embarrassed
Ashamed

PLEASANT FEELINGS

When you do enjoy what is happening



Curious
Interested



Playful
Silly



Grateful
Thankful



Calm
Relaxed



Friendly
Loving



Happy
Delighted



Excited
Eager



Confident



Touched
Moved

NEEDS AND VALUES

What makes life more wonderful



Understanding
Others
Empathy



Community,
Friends,
Belonging



Respect,
To Matter,
To Be Considered



Trust, Safety
Honesty



Choice
Freedom
weheal



Capability
Competence

NEEDS AND VALUES

What makes life more wonderful



Understand me
Self-Empathy
Acceptance



To be: heard,
seen,
understood



Help
Support
Partnership



Play
Fun



Self-Expression
Creativity



Giving, Sharing
Contribution

NEEDS AND VALUES

What makes life more wonderful



Rest
Relaxation
Sleep



Learning
Exploration
Growth



Comfort
Ease
Relief



Predictability
Order, Safety



Peace
Harmony



Love, Kindness
Warmth