

Life can be wonderful. Don't just survive. Thrive!

## NEEDS or VALUES

- Connection
- Understanding
- Empathy
- Acceptance
- Belonging
- Kindness/Warmth
- Love
- Compassion
- Inspiration
- Aliveness
- Choice/Autonomy
- Independence
- Dignity
- Predictability
- Reliability
- Respect
- Fairness
- Inclusion
- Security
- Growth
- Exploration
- Contribution
- Meaning
- Purpose
- Competence
- Accomplishment
- Efficiency
- Agency
- Self-Worth
- Expression
- Congruence
- Healing
- Escape
- Rest
- Safety
- Regulation
- Sustenance (physical needs)
- Peace
- Harmony
- Comfort
- Fun/Play
- Creativity
- Beauty
- Hope
- Joy
- Flow
- Shared Reality
- Authenticity
- Trust
- Integrity
- Fairness
- Celebration
- Appreciation
- Mourning
- Partnership
- Cooperation
- Friendship
- Acknowledgement
- Consideration
- Mutuality
- Presence
- Support
- Heard & Seen
- Community
- Reassurance
- Release
- Care

## PLEASANT FEELINGS Felt When Needs ARE Being Experienced:

- Happy
- Joyful
- Satisfied
- Fulfilled
- Content
- Appreciative
- Touched
- Moved
- Enriched
- Playful
- Energized
- Excited
- Enthusiastic
- Interested
- Absorbed
- Engaged
- Curious
- Focused
- Inspired
- Hopeful
- Proud
- Optimistic
- Heartened
- Comfortable
- Empowered
- Confident
- Secure
- Invigorated
- Alive
- Open
- Expansive
- Light
- Calm
- Grounded
- Serene
- Bliss
- Soft
- Rested
- Alert
- Relaxed
- Clear
- Relieved
- Elated
- Loving
- Tender
- Warm
- Affectionate
- Friendly

## UNPLEASANT FEELINGS Felt When Needs are NOT Being Experienced:

- Mad
- Frustrated
- Irritated
- Disgusted
- Sad
- Lonely
- Discouraged
- Despair
- Sensitive
- Disappointed
- Grief
- Regretful
- Scared
- Unsettled
- Nervous
- Jittery
- Anxious
- Worried
- Vulnerable
- Angry\*
- Ashamed\*
- Guilty\*
- Depressed\*
- Resentful\*
- Uncomfortable
- Embarrassed
- Hurt
- Hesitant
- Disconnected
- Tired
- Heavy
- Confused
- Impatient
- Restless
- Bored
- Tense
- Stressed
- Overwhelmed
- Torn
- Jealous
- Angst
- Uneasy
- Scared
- Nervous
- Worried
- Surprised
- Shocked
- Defensive

\*Judgments + Feelings Mixed Together