

Needs and Values

Things We All Want in Our Lives

AUTONOMY

choice
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION

acceptance
affection
appreciation
authenticity
belonging
care
closeness
communication
communion
community
companionship
compassion
consideration
empathy
friendship
inclusion
inspiration
integrity
intimacy
love
mutuality
nurturing
partnership
presence
respect/self-respect
security
self-acceptance
self-care

CONNECTION(continued)

self-connection
self-expression
shared reality
stability
support
to know and be known
to see and be seen
trust
understanding
warmth

MEANING

awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficiency
effectiveness
growth
integration
integrity
learning
mourning
movement
participation
perspective
presence
progress
purpose
self-expression
stimulation
understanding

PEACE

acceptance
balance
beauty
communion
ease
equanimity
harmony
hope
order
peace-of-mind
space

PHYSICAL WELL-BEING

air
care
comfort
food
movement/exercise
rest/sleep
safety (physical)
self-care
sexual expression
shelter
touch
water

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation

Feelings

⇒ Feelings associated with met needs ⇐

AFFECTIONATE

compassionate
fond
loving
openhearted
tender
warm

ENGAGED

absorbed
curious
engrossed
enchanted
enthralled
fascinated
interested
intrigued
involved
open
spellbound
stimulated

EXCITED

amazed
ardent
aroused
dazzled
energetic
enlivened
enthusiastic
exuberant
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

enthralled
radiant
electrified
euphoric
overjoyed
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HAPPY

amused
blissful
cheerful
delighted
ecstatic
elated
giddy
glad
jolly
joyful
jubilant
merry
overjoyed
pleased
rapturous
tickled

HOPEFUL

confident
expectant
jazzed
lighthearted
sanguine
up
upbeat

INSPIRED

amazed
eager
enthused
motivated
moved
psyched
stimulated
stirred
wonder

PEACEFUL

calm
comfortable
centered
content
equanimity
fulfilled
mellow
open
quiet
relaxed
relieved
satisfied
serene
tranquil

REFRESHED

recharged
rejuvenated
renewed
rested
restored
revived

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⊗ Feelings associated with unmet needs ⊗

ANGER

aggravated
angry
animosity
annoyed
contempt
disgruntled
enraged
exasperated
furious
hate
hostile
incensed
irate
irritated
irked
livid
miffed
nettled
outraged
peeved
resentful

AVERSION

abhorrence
appalled
bothered
displeased
disgust
dislike
enmity
horrificed
loathing
repulsion
revulsion

CONFUSION

ambivalent
baffled
bewildered
conflicted
dazed
discombobulated
disoriented
mixed
mystified
perplexed
puzzled
torn

DISCONNECTION

apathetic
bored
closed
detached
distant
indifferent
listless
numb
withdrawn

DISQUIET

agitated
alarmed
concerned
distraught
disconcerted
dismayed
disturbed
frustrated
perturbed

DISQUIET (continued)

rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSMENT

ashamed
chagrined
discomfited
flustered
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
listless
pooped
sleepy
tired
weary
wiped out
worn out

FEAR

afraid
anxious
apprehensive
dread
fearful
foreboding
frightened
guarded
insecure
leery
mistrustful
panicked
petrified
scared
shaky
terrified
trepidation
wary
worried

PAIN

aching
agony
anguished
devastated
grief
heartbroken
hungry
hurting
lonely
miserable
regretful
remorseful

SADNESS

depressed
dejected
despairing
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
miserable
unhappy
wistful

TENSION

anxious
closed
distressed
edgy
fidgety
frazzled
frustrated
jittery
nervous
overwhelmed
restless
stressed out

YEARNING

longing
nostalgic
pining