

Some Basic Feelings We All Have



Feelings when needs are fulfilled

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

Feelings when needs are not fulfilled

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

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