

Feelings When Needs <b>ARE</b> Met		Feelings When Needs <b>Are Not</b> Met			NEEDS		
Absorbed	Loving	Aggravated	Grief	Shocked	Acceptance	Growth	To be focused
Adventurous	Mellow	Agony	<b>Guilty</b>	Surprised	<b>Affection</b>	Harmony	To be included
Affectionate	Mindful	Alarmed	Hopeless	Tense	Appreciation	Health	To be noticed
Alert	Moved	Ambivalent	Hostile	<b>Tired</b>	<b>Autonomy</b>	Honesty	To belong
Alive	Open	<b>Angry</b>	<b>Hurt</b>	Torn	Aversion	<b>Humor</b>	To do things well
Amused	Passionate	Annoyed	<b>Impatient</b>	Upset	Awareness	Independence	To do what works
Appreciative	Peaceful	Anxious	Indifferent	Vulnerable	Beauty	Joy	To get along
At Ease	Pleased	Appalled	Indignant	<b>Worried</b>	<b>Celebration</b>	Learning	To keep it real
Awed	<b>Proud</b>	Apprehensive	Insecure	<b>Hungry</b>	Challenge	<b>Love</b>	To keep it simple To keep your word
Calm	<b>Relaxed</b>	Ashamed	Irate		<b>Choice</b>	Meaning	
Clearheaded	Relieved	Beat	Irritated		Clarity	<b>Movement</b>	Touch
Comfortable	Rested	<b>Bored</b>	<b>Jealous</b>		Closeness	<b>Nurturing</b>	Trust
Confident	<b>Safe</b>	Burnt Out	Lethargic		Communication	Order	<b>Understanding</b>
Content	Secure	Confused	<b>Lonely</b>		Community	Participation	Warmth
<b>Curious</b>	<b>Tender</b>	Cranky	Longing		Connection	Peace	Well-Being
Delighted	Thankful	Depressed	Lost		Consciousness	Play	
Empowered	Thrilled	Despair	<b>Nervous</b>		Consideration	Purpose	
Enthusiastic	Touched	<b>Disappointed</b>	Overwhelmed		Consistency	<b>Respect</b>	
<b>Excited</b>	Warm	Disconnected	Pain		Contribution	<b>Rest/Sleep</b>	
Exhilarated		Discouraged	Panic		Cooperation	<b>Safety</b>	
Friendly		Disgusted	Puzzled		<b>Creativity</b>	<b>Patience</b>	
Glad		Dismayed	Regret		Discovery	Self-Expression	
<b>Happy</b>		Disturbed	Resentful		<b>Empathy</b>	Serenity	
Healthy		Dread	Reserved		<b>Exercise</b>	Sharing	
Hopeful		Embarrassed	Restless		Fairness	Shelter	
Inspired		Envious	<b>Sad</b>		<b>Food/Water</b>	Spontaneity	
Interested		<b>Exhausted</b>	<b>Scared</b>		For things to be easy	<b>Stability</b>	
Invigorated		<b>Frustrated</b>	Sensitive		Freedom	Stimulation	
Joyful		Furious	Shaky		Friends	Support	