

Some Basic Feelings We All Have



Feelings when needs "are" fulfilled

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

Feelings when needs "are not" fulfilled

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

Some Basic Needs We All Have



Autonomy

- Choosing dreams/goals/values
- Choosing plans for fulfilling one's dreams, goals, values

Celebration

- Celebrate the creation of life and dreams fulfilled
- Celebrate losses: loved ones, dreams, etc. (mourning)

Integrity

- Authenticity • Creativity
- Meaning • Self-worth

Interdependence

- Acceptance • Appreciation
- Closeness • Community
- Consideration
- Contribute 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