



# Needs/Values and Feelings

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs.

## WELL BEING

### SAFETY

peace  
confidence  
comfort  
consistency  
courage  
equanimity  
order  
predictability  
protection from harm  
security  
stability  
shelter  
trust, reliability

### HEALTH

abundance  
balance  
exercise, movement  
flexibility  
food, water, air, shelter  
nutrition, nourishment  
prosperity, richness  
simplicity  
sleep  
sustainability  
wellness

### PLAY

beauty  
calm  
ease, flow  
energy, vitality  
enthusiasm  
exuberance  
fun, joy, happiness  
harmony  
humor  
recreation  
rejuvenation  
rest, relaxation  
tranquility, serenity

## CONNECTION

### CARE

acceptance  
affection  
appreciation  
fairness, justice  
generosity  
intimacy, closeness  
kindness  
love  
mattering, importance  
nurturing  
unconditional pos. regard  
valuing, prizing, dignity  
warmth, touch

### EMPATHY

awareness  
acknowledgment  
communication  
compassion  
consideration  
presence  
recognition  
receptivity  
seeing, being seen  
sensitivity  
understanding

### COMMUNITY

belonging  
companionship  
collaboration, cooperation  
friendship, fellowship  
help, support  
inclusion, equality  
interdependence  
home  
hospitality, welcoming  
mutuality, reciprocity  
partnership  
team  
synergy

## SELF-EXPRESSION

### FREEDOM

adventure  
self-actualization  
aliveness  
autonomy, choice  
courage  
creativity  
fun  
growth  
independence  
innovation  
joy, happiness  
spontaneity  
wonder, discovery

### HONESTY

authenticity  
congruence  
dependability  
integrity, trust  
openness  
power, empowerment  
presence  
realness  
reliability  
respect, honoring

### MEANING

achievement, success  
appreciation, gratitude  
celebration, mourning  
challenge  
contribution  
efficacy, effectiveness  
excellence, mastery, skill  
inspiration  
learning, focus  
passion, commitment  
purpose  
structure, discipline  
vision, clarity  
wisdom



## FEELINGS

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

### PEACEFUL

tranquil  
calm  
content  
engrossed  
absorbed  
expansive  
serene  
loving  
blissful  
satisfied  
relaxed  
relieved  
quiet  
carefree  
composed  
fulfilled

### LOVING

warm  
affectionate  
tender  
appreciative  
friendly  
sensitive  
compassionate  
grateful  
nurtured  
amorous  
trusting  
open  
thankful  
radiant  
adoring  
passionate

### GLAD

happy  
excited  
hopeful  
joyful  
satisfied  
delighted  
encouraged  
grateful  
confident  
inspired  
touched  
proud  
exhilarated  
ecstatic  
optimistic  
glorious

### PLAYFUL

energetic  
effervescent  
invigorated  
zestful  
refreshed  
impish  
alive  
lively  
exuberant  
giddy  
adventurous  
mischievous  
jubilant  
goofy  
buoyant  
electrified

### INTERESTED

involved  
inquisitive  
intense  
enriched  
absorbed  
alert  
aroused  
astonished  
concerned  
curious  
eager  
enthusiastic  
fascinated  
intrigued  
surprised  
helpful

### MAD

impatient  
pessimistic  
disgruntled  
frustrated  
irritable  
edgy  
grouchy  
agitated  
exasperated  
disgusted  
irked  
cantankerous  
animosity  
bitter  
rancorous  
irate, furious  
angry  
hostile  
enraged  
violent

### SAD

lonely  
heavy  
troubled  
helpless  
gloomy  
overwhelmed  
distant  
despondent  
discouraged  
distressed  
dismayed  
disheartened  
despairing  
sorrowful  
unhappy  
depressed  
blue  
miserable  
dejected  
melancholy

### SCARED

afraid  
fearful  
terrified  
startled  
nervous  
jittery  
horrified  
anxious  
worried  
anguished  
lonely  
insecure  
sensitive  
shocked  
apprehensive  
dread  
jealous  
desperate  
suspicious  
frightened

### TIRED

exhausted  
fatigued  
inert  
lethargic  
indifferent  
weary  
overwhelmed  
fidgety  
helpless  
heavy  
sleepy  
disinterested  
reluctant  
passive  
dull  
bored  
listless  
blah  
mopey  
comatose

### CONFUSED

frustrated  
perplexed  
hesitant  
troubled  
uncomfortable  
withdrawn  
apathetic  
embarrassed  
hurt  
uneasy  
irritated  
suspicious  
unsteady  
puzzled  
restless  
boggled  
chagrined  
unglued  
detached  
skeptical