

UNIVERSAL NEEDS (Life Qualities, Values)

PHYSICAL WELLBEING air/food/water movement/exercise protection rest/sleep sexual expression safety shelter/warmth touch	care/self care community communication compassion consideration cooperation empathy equality honesty inclusion intimacy love mutuality nurturing reassurance reciprocity	respect/self respect support to hear/be heard to matter to see/be seen trust warmth	MEANING awareness celebration of life challenge clarity competence contribution creativity effectiveness growth/learning inspiration mourning purpose self-expression stimulation understanding	PEACE balance beauty communion consistency ease harmony integrity order security simplicity
CONNECTION acceptance appreciation authenticity belonging		FREEDOM autonomy choice independence self-confidence space spontaneity variety		PLAY fun humour lightness

FEELINGS when needs are met (Pleasant, Expansive)

AFFECTIONATE compassionate loving openhearted tender warm	EXCITED ecstatic enthusiastic lively passionate surprised thrilled	INSPIRED absorbed curious amazed awed	HAPPY amused delighted elated glad pleased proud	PEACEFUL calm comfortable content fulfilled relaxed relieved refreshed satisfied safe
CONFIDENT empowered optimistic secure		GRATEFUL appreciative moved touched		

FEELINGS when needs are not met (Unpleasant, Constricted)

AFRAID apprehensive dread frightened nervous suspicious terrified worried	CONFUSED ambivalent bewildered discombobulated lost perplexed torn	EMBARRASSED ashamed guilty mortified	TIRED burnt out exhausted lethargic	VULNERABLE guarded helpless insecure shaky
ANGRY annoyed disgusted frustrated furious impatient indignant irritated resentful	DISCONNECTED bored detached distracted indifferent numb	PAIN anguished depressed devastated despair disappointed discouraged grief heartbroken hopeless hurt lonely miserable sad	UNCOMFORTABLE agitated anxious concerned cranky distressed distraught shocked tense turmoil uneasy upset overwhelmed stressed out	YEARNING envious jealous longing regretful wistful