

Universal feelings list (partial)

When needs are met

adventurous
affectionate
alive
calm
confident
content
curious
delighted
energetic

engaged
excited
fascinated
friendly
glad
happy
hopeful
interested
joyful

loving
moved
peaceful
playful
relaxed
satisfied
tender
thrilled
warm

When needs are not met

agitated
alarmed
ambivalent
angry
annoyed
anxious
confused
despairing
devastated
disconnected
discouraged

embarrassed
exasperated
flustered
grief
heartbroken
helpless
hopeless
impatient
irritated
lonely
longing

nervous
overwhelmed
protective
sad
scared
stressed
suspicious
tense
terrified
torn
troubled

Universal needs list (partial)

Connection
Acceptance
Affection
Clarity
Communication
Confirmation
Compassion
Intimacy
Understanding
Love

Autonomy
Choice Space
Spontaneity

Peace
Beauty
Ease
Harmony
Order
Wholeness

Interconnection
Belonging
Consideration
Community
Cooperation
Dignity
Mutuality
Support
Trust

Meaning
Contribution
Creativity
Hope
Inspiration
Purpose

Celebration
Joy
Mourning
Play

Competence
Effectiveness
Efficiency
Growth
Learning
Power

Honesty
Authenticity
Integrity

Basic Survival
Shelter
Food & Water
Rest
Safety
Security
Touch

