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