

## Feelings, Needs & Physical Sensations Sheet\*



### Feelings when needs are met

<b>GLAD</b> happy excited hopeful joyful satisfied delighted encouraged confident inspired relieved touched proud elated	<b>PEACEFUL</b> calm content expansive serene loving blissful clear	<b>LOVING</b> warm affectionate tender friendly sensitive compassionate nurtured trusting
<b>THANKFUL</b> grateful appreciative	<b>PLAYFUL</b> energetic invigorated stimulated alive eager enthusiastic excited	<b>RESTED</b> relaxed alert refreshed energized



### Feelings when needs are not met

<b>SAD</b> lonely heavy hopeless gloomy grief overwhelmed distant dismayed discouraged distressed disheartened disappointed	<b>SCARED</b> afraid fearful terrified startled nervous panicky jittery horrified anxious lonely skeptical suspicious	<b>MAD</b> angry annoyed exasperated agitated furious enraged hostile bitter resentful disgusted frustrated
<b>CONFUSED</b> perplexed hesitant troubled torn worried	<b>TIRED</b> exhausted lethargic weary overwhelmed withdrawn	<b>UNEASY</b> uncomfortable ashamed hurt miserable guilty



### Universal human needs

<b>TRUST</b> safety security understanding honesty love to matter community play/fun appreciation freedom meaning rest	<b>COMPASSION</b> empathy autonomy choice freedom nurturance comfort warmth/caring self-expression contribution creativity effectiveness growth healing	<b>INTEGRITY</b> self-worth authenticity purpose honesty celebration humor passion mourning accountability peace ease beauty
<b>RECOGNITION</b> respect validation equality reliability predictability	<b>INTIMACY</b> sharing connection companionship support cooperation	<b>CLARITY</b> awareness to be heard to be seen



### Physical sensations

achy bloated breathless bubbly buzzy clammy clenched cold cool congested constricted contracted curled damp dry dull dizzy empty expansive faint	floating flowing fluid flushed fluttery fragile frantic frozen full fuzzy glowing heavy heated hollow hot itchy jittery jumpy knotted light	limber lumps moist numb open paralyzed pounding pressure prickly puffy pulsing queasy quivery radiating ragged raw restricted shaky smooth spacey	spacious spinning stiff still strong suffocating sweaty tense thick thin tight tingly trembly throbbing twitchy vibrating warm wobbly
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\*Appendix D, corrected July 2021