

# Needs and Values

## Things We All Want in Our Lives

### **AUTONOMY**

choice  
dignity  
freedom  
independence  
self-expression  
space  
spontaneity

### **CONNECTION**

acceptance  
affection  
appreciation  
authenticity  
belonging  
care  
closeness  
communication  
communion  
community  
companionship  
compassion  
consideration  
empathy  
friendship  
inclusion  
inspiration  
integrity  
intimacy  
love  
mutuality  
nurturing  
partnership  
presence  
respect/self-respect  
security  
self-acceptance  
self-care

### **CONNECTION**(continued)

self-connection  
self-expression  
shared reality  
stability  
support  
to know and be known  
to see and be seen  
trust  
understanding  
warmth

### **MEANING**

awareness  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficiency  
effectiveness  
growth  
integration  
integrity  
learning  
mourning  
movement  
participation  
perspective  
presence  
progress  
purpose  
self-expression  
stimulation  
understanding

### **PEACE**

acceptance  
balance  
beauty  
communion  
ease  
equanimity  
harmony  
hope  
order  
peace-of-mind  
space

### **PHYSICAL WELL-BEING**

air  
care  
comfort  
food  
movement/exercise  
rest/sleep  
safety (physical)  
self-care  
sexual expression  
shelter  
touch  
water

### **PLAY**

adventure  
excitement  
fun  
humor  
joy  
relaxation  
stimulation

# Feelings

## ➤ Feelings associated with met needs ⇐

### **AFFECTIONATE**

compassionate  
fond  
loving  
openhearted  
tender  
warm

### **ENGAGED**

absorbed  
curious  
engrossed  
enchanted  
enthralled  
entranced  
fascinated  
interested  
intrigued  
involved  
open  
spellbound  
stimulated

### **EXCITED**

amazed  
ardent  
aroused  
dazzled  
energetic  
enlivened  
enthusiastic  
exuberant  
invigorated  
lively  
passionate  
surprised  
vibrant

### **EXHILARATED**

enthralled  
radiant  
electrified  
euphoric  
overjoyed  
thrilled

### **GRATEFUL**

appreciative  
moved  
thankful  
touched

### **HAPPY**

amused  
blissful  
cheerful  
delighted  
ecstatic  
elated  
giddy  
glad  
jolly  
joyful  
jubilant  
merry  
overjoyed  
pleased  
rapturous  
tickled

### **HOPEFUL**

confident  
expectant  
jazzed  
lighthearted  
sanguine  
up  
upbeat

### **INSPIRED**

amazed  
eager  
enthused  
motivated  
moved  
psyched  
stimulated  
stirred  
wonder

### **PEACEFUL**

calm  
comfortable  
centered  
content  
equanimity  
fulfilled  
mellow  
open  
quiet  
relaxed  
relieved  
satisfied  
serene  
tranquil

### **REFRESHED**

recharged  
rejuvenated  
renewed  
rested  
restored  
revived

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## ⊗ Feelings associated with unmet needs ⊗

### **ANGER**

aggravated  
angry  
animosity  
annoyed  
contempt  
disgruntled  
enraged  
exasperated  
furious  
hate  
hostile  
incensed  
irate  
irritated  
irked  
livid  
miffed  
nettled  
outraged  
peeved  
resentful

### **AVERSION**

abhorrence  
appalled  
bothered  
displeased  
disgust  
dislike  
enmity  
horrified  
loathing  
repulsion  
revulsion

### **CONFUSION**

ambivalent  
baffled  
bewildered  
conflicted  
dazed  
discombobulated  
disoriented  
mixed  
mystified  
perplexed  
puzzled  
torn

### **DISCONNECTION**

apathetic  
bored  
closed  
detached  
distant  
indifferent  
listless  
numb  
withdrawn

### **DISQUIET**

agitated  
alarmed  
concerned  
distraught  
disconcerted  
dismayed  
disturbed  
frustrated  
perturbed

### **DISQUIET(continued)**

rattled  
restless  
shocked  
startled  
surprised  
troubled  
turbulent  
turmoil  
uncomfortable  
uneasy  
unnerved  
unsettled  
upset

### **EMBARRASSMENT**

ashamed  
chagrined  
discomfited  
flustered  
mortified  
self-conscious

### **FATIGUE**

beat  
burnt out  
depleted  
exhausted  
listless  
pooped  
sleepy  
tired  
weary  
wiped out  
worn out

### **FEAR**

afraid  
anxious  
apprehensive  
dread  
fearful  
foreboding  
frightened  
guarded  
insecure  
leery  
mistrustful  
panicked  
petrified  
scared  
shaky  
terrified  
trepidation  
wary  
worried

### **PAIN**

aching  
agony  
anguished  
devastated  
grief  
heartbroken  
hungry  
hurting  
lonely  
miserable  
regretful  
remorseful

### **SADNESS**

depressed  
dejected  
despairing  
despondent  
disappointed  
discouraged  
disheartened  
forlorn  
gloomy  
heavy hearted  
hopeless  
melancholy  
miserable  
unhappy  
wistful

### **TENSION**

anxious  
closed  
distressed  
edgy  
fidgety  
frazzled  
frustrated  
jittery  
nervous  
overwhelmed  
restless  
stressed out

### **YEARNING**

longing  
nostalgic  
pining