

# Feelings · Sensations · Emotions

**Lively**

awake vibrant  
excitement bliss  
enthusiastic ecstatic  
eager radiant  
energetic orgasmic  
passionate thrilled  
astonished alive  
surprised amazed

**Fulfilled**

calm peaceful  
at ease quiet  
zen grounded  
comfortable centered  
at home trusting  
relaxed relieved  
serene content  
tranquil satisfied  
mellow

**Sad**

heavy dispirited  
hearted hopeless  
nostalgic helpless  
melancholy gloomy  
disappointed down  
discouraged longing  
depressed

**Worried**

anxious  
edgy  
unquiet  
concerned  
stressed  
nervous

**Bored**

apathetic  
numb  
withdrawn  
disengaged  
alienated

**Anger**

furious  
mad  
upset  
rage  
resentful

**Rested**

refreshed  
enlivened  
restored  
recharged  
reactivated  
clear-headed  
exuberant  
awake  
alert

**Confident**

powerful  
proud  
hopeful  
optimistic  
strong  
safe

**Compassion**

touched  
moved  
affectionate  
friendly  
tender  
warm  
open  
loving

**Happy**

joyful  
amused  
animated  
delighted  
glad  
pleased  
ecstatic  
orgasmic

**Hurt**

heartbroken pain  
miserable guilty  
devastated lonely  
regret grief  
remorseful agony  
turmoil suffer

**Physical Sensations**

knot in the belly empty  
lump in the throat shaky  
inner rush tensed dizzy  
choking foggy  
short of breath cold  
breathless limp  
squeeze tingling  
trembling sick  
shrinking pain  
contraction numb  
weak

**Tired**

fatigued exhausted  
overwhelmed sleepy  
burned-out defeated

**Confused**

torn  
doubtful  
lost  
hesitant  
baffled  
bewildered  
perplex  
puzzled  
astonished  
amazed

**Jealous**

envious

**Shame**

embarrassed  
shy  
guilty

**Afraid**

scared  
suspicion  
panic  
paralysed  
terror  
apprehension

**Agitated**

uncomfortable disquiet  
alert cranky  
restless unsettled  
shocked troubled  
uneasy uncertain

**Hate**

hostile  
aversion  
bitter  
disgust  
contempt  
dislike

**Vulnerable**

fragile  
insecure  
reserved  
sensitive  
uncertain

**Frustrated**

annoyed  
irritated  
exasperated  
impatient  
bittered  
irritable

# Universal Needs

## Meaning

contribution / enrich life  
alignment / centeredness  
hope / vision / dream / faith  
clarity / focus / concentration  
to know (be in reality)  
learning  
awareness / consciousness  
presence  
consistency / continuity  
oneness  
surrender  
inspiration / creativity  
challenge / stimulation  
variety / diversity  
renewal / refreshment  
growth / evolution / progress  
expansion  
exploration / development  
power / (inner) strength /  
empowerment  
competence / capacity  
self-value / self-confidence /  
self-esteem/ dignity / self-trust  
efficacy / effectiveness  
to matter / take part  
to have my place in the world  
spirituality / purpose  
liberation / transformation  
interdependence  
simplicity  
celebration / mourning  
Magic

## Play

affection  
pleasure  
liveliness / alive / vitality  
flow  
passion  
spontaneity  
fun  
humor / laugh / lightness  
discovery / adventure

## Honesty

authenticity  
(self) expression  
integrity  
transparency  
realness / truth

## Freedom

choice  
spirituality  
autonomy  
independence  
space / time

## Physical well-being

air  
nourishment (food, water)  
shelter  
security  
safety  
emotional safety  
protection / preservation  
comfort  
touch  
light  
warmth  
rest / sleep  
movement / physical exercise  
health  
sexual expression

## Harmony

peace  
beauty  
calm / equanimity  
relaxation / tranquillity  
ease  
order  
coherence / congruence  
sustainability  
stability / balance  
communion  
wholeness  
completion  
digestion / integration  
predictability / familiarity  
equality / justice / fairness

## Connection

self-connection  
love / self-love  
care / self-care  
attention  
belonging  
closeness  
intimacy  
empathy / compassion  
appreciation / gratitude  
acceptance  
openness  
trust  
recognition  
reassurance  
communication  
sharing / exchange  
giving / receiving  
tenderness / softness  
sensitivity  
kindness  
respect  
seeing (see & be seen)  
hearing (hear & be heard)  
understanding (understand &  
be understood)  
consideration  
that my needs matter  
inclusion  
participation  
support / help / nurturance  
cooperation / collaboration  
community / fellowship /  
companionship  
partnership  
mutuality / reciprocity