

CHART OF NEEDS AND FEELINGS

NEEDS

PHYSICAL

BASIC NEEDS FOR REST, SAFETY, FOOD, SHELTER, RELAXATION

CONNECTION

EMPATHY, UNDERSTANDING, TRUST, LOVE, INTIMACY, SHARED REALITY, TO BE SEEN AND HEARD

PLAY

FUN, HUMOR, JOY, CELEBRATION

COMMUNITY

COLLABORATION, INCLUSION, BELONGING, CONSIDERATION, RESPECT

CREATIVITY

INSPIRATION, STIMULATION, PRESENCE

AUTONOMY

FULFILLING DREAMS, CHOICE, FREEDOM, SPACE, ACCEPTANCE, SELF-CARE

PURPOSE

MEANING, CONTRIBUTION, INTEGRITY, CLARITY, PERSPECTIVE

BEAUTY

HARMONY, PEACE OF MIND, ORDER, MOURNING, FAITH, HOPE, BALANCE

FEELINGS FROM MET NEEDS

HAPPY

GLAD, JOYFUL, THRILLED, CHEERFUL, UPBEAT, ECSTATIC, DELIGHTED, GIDDY

EXCITED

SURPRISED, ENERGETIC, PASSIONATE, LIVELY, AMAZED

ENGAGED

INVOLVED, FOCUSED, LIVELY, OPEN, STIMULATED, INTERESTED, ABSORBED

CONFIDENT

HOPEFUL, JAZZED, ENCOURAGED

CALM

PEACEFUL, MELLOW, SATISFIED, RELAXED, RELIEVED, OKAY, QUIET, CHILL, CENTERED, AT EASE

GRATEFUL

APPRECIATIVE, THANKFUL, TOUCHED, MOVED

LOVING

COMPASSIONATE, KIND, WARM, TENDER, OPENHEARTED

FEELINGS FROM UNMET NEEDS

SAD

UNHAPPY, BLUE, AWFUL, LOW, LONELY, BUMMED OUT

UPSET

GLOOMY, MISERABLE, MOODY, OUT OF SORTS, DISTURBED, BOTHERED, UNEASY, TROUBLED

TENSE

JITTERY, PARALYZED, FRUSTRATED, EDGY, STRESSED OUT, ANXIOUS, CLOSED, AGITATED

TIRED

BEAT, BURNED OUT, WIPED OUT, WORN OUT, POOPED, EXHAUSTED, DEPLETED, SLEEPY

MAD

ANGRY, CRANKY, FURIOUS, ANNOYED, BOTHERED, IRRITATED, AGGRAVATED, PISSED OFF

BORED

DISCONNECTED, NUMB, INDIFFERENT, WITHDRAWN, DETACHED, APATHETIC

SCARED

FEARFUL, FRIGHTENED, AFRAID, TERRIFIED, WORRIED, NERVOUS

EMBARRASSED

ASHAMED, FLUSTERED, SELF-CONSCIOUS, UNEASY, MORTIFIED

CONFUSED

UNSURE, MIXED UP, BAFFLED, PUZZLED, CONFLICTED

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With gratitude to Manfred Max-Neef's *Need Assessment and Maslow's Hierarchy of Needs*

Learn more at AmyFabrikant.com and KirstenHenning.com