

pleasant (expansion)

Feelings, Sensations, Emotions

unpleasant (contraction)

Calm

relaxed trusting
serene relieved
tranquil centered
peaceful content
quiet fulfilled
at ease satisfied
comfortable mellow

Lively

excited radiant
enthusiastic thrilled
eager astonished
energetic amazed
passionate optimistic
vibrant anticipation
blissful ecstatic

Vulnerable

fragile
insecure
reserved
sensitive

Bored

disconnected
alienated
apathetic
cold
numb
withdrawn
impatient

Bodily sensations

breathless shrink
pain sick
tense weak
shaky empty
squeezed choked

Sad

depressed
gloomy
pity
longing
despair
helpless
hopeless
nostalgic
heavy hearted
disappointed
discouraged
melancholy

Angry

upset
furious
rage
resentful

Refreshed

rested
enlivened
restored
reactivated
clearheaded

Curious

fascinated
interested
involved
engaged
inspired

Compassion

tender
warm
openhearted
loving
affection
friendly
sympathetic
touched

Confused

torn
lost
hesitant
baffled
perplexed
puzzled

Worried

concerned
stressed
nervous
anxious
edgy
unquiet

Uncomfortable

troubled disturbed
unsettled cranky
restless shocked
uncertain surprised
disquiet alert
agitated uneasy

Fear

afraid
scared
suspicious
panicked
paralyzed
terrified
apprehensive

Happy

amused
animated
delighted
glad
joyful
pleased

Confident

empowered
open
proud
safe
hopeful

Grateful

moved
thankful
appreciative
encouraged

Jealous

envious

Pain

hurt
agony
lonely
miserable
suffer
grief
guilt
turmoil
regretful
remorseful
heartbroken
devastated

Hate

dislike
hostile
aversion
bitter
disgusted
scorn

Annoyed

irritated
frustrated
unsatisfied
impatient
displeased

Embarrassed

ashamed
shy



Universal basic needs

Play

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity

Honesty

self-expression
authenticity
integrity
transparency
realness /
truth

Physical well-being

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

Connection

love
belonging
closeness
intimacy
empathy / compassion
appreciation
acceptance
recognition
reassurance
affection
openness
trust
communication
sharing / exchange
attention
tenderness / softness
sensitivity / kindness
respect
seeing (see / be seen)
hearing (hearing / be heard)
inclusion / participation
support / help / nurturing
cooperation / collaboration
community / companionship
partnership / fellowship
mutuality / reciprocity
consistency / continuity
understanding
(understand / be understood)
consideration / care /
that my needs matter

Meaning

purpose
contribution / enrich life
presence
centeredness
hope / faith
clarity
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
empowerment / power
having inner strength /
competence / capacity
self-value / self-confidence
self-esteem / dignity
efficacy / effectiveness
liberation / transformation
to matter / take part in
have my place in the world
spirituality
interdependence
simplicity
celebration / mourning

Harmony

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

Freedom

choice
acting out of my own spirituality
autonomy
independence
space / time