

Needs List:

Autonomy

Choice, Empowerment, Freedom, Independence, Space, Spontaneity

Connection

Acceptance, Affection, Appreciation, Belonging, Closeness, Communication, Community, Companionship, Compassion, Consideration, Consistency, Cooperation, Empathy, Generosity, Inclusion, Intimacy, Love, Mutuality, Nurturing, Openness, Reliability, Respect/Self-respect, Safety, Security, Stability, Support,

To know and be known, To see and be seen, To understand and be understood, To be heard, Trust, Understanding, Warmth

Harmony

Balance, Beauty, Communion, Ease, Equality, Equanimity, Inspiration, Order, Peace, Serenity

Honesty

Authenticity, Clarity, Congruency, Integrity, Openness, Presence, Reliability, Self-expression, Transparency, Trust

Meaning

Awareness, Celebration, Consciousness, Contribution, Creativity, Discovery, Effectiveness, Efficacy, Growth, Hope, Learning, Mattering, Mourning, Participation, Purpose, Self-expression

Play

Adventure, Joy, Humour Spontaneity, Stimulation

Physical Well-Being

Air, Food, Movement/Exercise, Rest/Sleep, Sexual expression, Safety, Shelter, Sustenance, Touch, Water

Feelings when we enjoy what's happening:

Confident

Empowered, Open, Proud, Safe, Secure

Connected

Affectionate, Compassionate, Friendly, Loving, Open, Openhearted, Sympathetic, Tender, Vulnerable, Warm

Engaged

Absorbed, Alert, Curious, Engrossed, Enchanted, Entranced, Fascinated, Interested, Intrigued, Involved, Spellbound, Stimulated

Excited

Amazed, Animated, Ardent, Aroused, Astonished, Dazzled, Eager, Energetic, Enthusiastic, Giddy,

Invigorated, Lively, Passionate, Surprised, Vibrant

Exhilarated

Blissful, Ecstatic, Elated, Enthralled, Exuberant

Grateful

Appreciative, Moved, Thankful, Touched

Hopeful

Expectant, Encouraged, Optimistic

Inspired

Amazed, Awed, Radiant, Rapturous, Thrilled, Wonder

Joyful

Amused, Delighted, Glad, Happy, Jubilant, Pleased, Tickled

Peaceful

Calm, Clearheaded, Comfortable, Centered, Content, Equanimity, Fulfilled, Mellow, Quiet, Relaxed, Relieved, Satisfied, Serene, Still, Tranquil, Trusting

Refreshed

Enlivened, Reinvigorated, Rejuvenated, Renewed, Rested, Restored, Revived

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Feelings when we don't enjoy what's happening:

Afraid

Apprehensive, Dread, Foreboding, Frightened, Mistrustful, Panicked, Petrified, Scared, Suspicious, Terrified, Wary, Worried

Angry *

Enraged, Furious, Incensed, Indignant, Irate, Livid, Outraged, Resentful

Annoyed *

Aggravated, Dismayed, Disgruntled, Displeased, Exasperated, Frustrated, Impatient, Irked, Irritated

Aversion *

Animosity, Appalled, Contempt, Disgusted, Dislike, Hate, Horrified, Hostile, Repulsed

Confused

Ambivalent, Baffled, Bewildered, Dazed, Hesitant, Lost, Mystified, Perplexed, Puzzled, Torn

Disconnected

Alienated, Aloof, Apathetic, Bored, Cold, Detached, Distant, Distracted, Indifferent, Numb, Removed, Uninterested, Withdrawn

Disquiet

Agitated, Alarmed, Discombobulated, Disconcerted, Disturbed, Perturbed, Rattled, Restless, Shocked, Startled, Surprised, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unnerved, Unsettled, Upset

Embarrassed

Ashamed*, Chagrined, Flustered, Guilty*, Mortified, Self-conscious

Fatigue

Beat, Burnt out, Depleted, Exhausted, Lethargic, Listless, Sleepy, Tired, Weary, Worn out

Pain

Agony, Anguished, Bereaved, Devastated, Grief, Heartbroken, Hurt, Lonely, Miserable, Regretful, Remorseful

Sad

Depressed*, Dejected, Despair, Despondent, Disappointed, Discouraged, Disheartened, Forlorn, Gloomy, Heavy hearted, Hopeless, Melancholy, Unhappy, Wretched

Tense

Anxious, Bitter, Cranky, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Nervous, Overwhelmed, Restless, Stressed out

Vulnerable

Fragile, Guarded, Helpless, Insecure, Leery, Reserved, Sensitive, Shaky

Yearning

Envious, Jealous, Longing, Nostalgic, Pining, Wistful

* Feelings marked with an asterisk are usually not 'pure' feelings. They often (but not always) include judgmental/alienating thoughts. It is therefore advisable to examine our thinking and clarify related needs in order to facilitate clear and responsible communication.

IMPORTANT: The following words (a partial list) are often confused as feelings when, in fact, they are interpretations or assessments of others' actions:

Abandoned, Abused, Accused, Attacked, Belittled, Betrayed, Blamed, Boxed-in, Bullied, Cheapened, Cheated, Coerced, Condemned, Controlled, Cornered, Criticized, Devalued, Diminished, Discredited, Dismissed, Disparaged, Distrusted, Excluded, Harassed, Ignored, Insulted, Interrupted, Intimidated, Invalidated, Judged, Let down, Manipulated, Micromanaged, Misunderstood, Mistrusted, Neglected, Offended, Oppressed, Patronized, Pressured, Provoked, Put down, Rejected, Ridiculed, Ripped off, Scapegoated, Shamed, Taken for granted, Threatened, Tricked, Trivialized, Unappreciated, Unheard, Unloved, Unseen, Unsupported, Unwanted, Used, Victimized, Vilified, Violated, Wronged