

Feelings

Loving
Happy
Satisfied
Hopeful
Peaceful
Safe
Relieved
Inspired
Curious
Grateful
Excited

Confident
Surprised
Vulnerable/Sensitive
Bored
Confused
Numb
Disgusted
Insecure
Sad
Afraid
Embarrassed

Ashamed
Overwhelmed
Hurt
Lonely
Angry
Torn
Worried
Anxious
Discouraged
Annoyed
Frustrated

Needs

Meaning/Purpose
Peace
Autonomy/Choice
Power in Your World
Self-Expression
Love
Compassion/Empathy
Connection
Trust
To Matter
Honesty
Hope
Consideration
Grieving

Beauty/Aesthetics
Acknowledgement
Appreciation
Fun/Play
Acceptance
Contribution
Equality/Fairness
Space
Help/Support
Learning/Growth
Competence
Efficiency
Order
Predictability

Health/Wellbeing
Safety
Rest/Relaxation
Belonging/Inclusion
Accomplishment
Dreams/Goals
Ease
Companionship
Change
Privacy
Clarity
Understanding
To Have Intentions Seen
Accountability