















# FEELINGS

						
<b>ENERGETIC</b>	<b>COMFORTABLE</b>	<b>HAPPY</b>	<b>FRIENDLY</b>	<b>TRUSTING</b>	<b>INTERESTED</b>	<b>CLEAR</b>
stimulated encouraged playful lively mischievous adventurous inspired empowered passionate	neutral relaxed relieved refreshed grounded content fulfilled peaceful serene	pleased glad cheerful amused delighted carefree proud joyful ecstatic	warm tender sensitive receptive touched close affectionate loving compassionate	settled calm open satisfied hopeful moved appreciative grateful optimistic	curious engaged involved intrigued eager enthusiastic inspired fascinated excited	alert aware attentive sharp focused centered certain confident determined
						
<b>TIRED</b>	<b>UNCOMFORTABLE</b>	<b>SAD</b>	<b>MAD</b>	<b>SCARED</b>	<b>AVERSION</b>	<b>CONFUSED</b>
weary drained frazzled bored numb distant withdrawn disconnected shutdown	unsettled uneasy impatient stressed exasperated overwhelmed embarrassed ashamed guilty	disappointed lonely upset hurt regretful dismayed miserable hopeless depressed	grumpy irritated frustrated vexed annoyed resentful angry outraged furious	surprised apprehensive distrustful nervous worried anxious alarmed shocked distressed	indifferent aloof resistant turned off hostile jealous envious contemptuous disgusted	unclear hesitant reluctant puzzled perplexed torn discombobulated troubled stuck

# NEEDS

## PHYSICAL WELLBEING

<b>NOURISHMENT</b> air water	<b>NATURE</b> sunlight earth	<b>SAFETY</b> shelter sustainability	<b>TOUCH</b> affection sensuality	<b>VITALITY</b> wellbeing healing	<b>MOVEMENT</b> exercise stillness	<b>REST</b> relaxation rejuvenation	<b>COMFORT</b> ease flow
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## PSYCHOLOGICAL WELLBEING

LEARNING		RELATING			AUTONOMY	
<b>EXPLORATION</b> discovery hope	<b>PLAY</b> fun excitement	<b>INTIMACY</b> closeness sexuality	<b>CONNECTION</b> companionship love	<b>BELONGING</b> inclusion community	<b>INDEPENDENCE</b> spontaneity choice	<b>SELF-RELIANCE</b> self-acceptance inner peace
<b>GROWTH</b> development self-realisation	<b>CHALLENGE</b> stimulation variety	<b>TO MATTER</b> appreciation mutuality	<b>TRUST</b> acceptance openness	<b>COMMUNICATION</b> empathy compassion	<b>SELF-EXPRESSION</b> honesty authenticity	<b>AWARENESS</b> presence awe
<b>COMPETENCE</b> effectiveness mastery	<b>PROGRESS</b> efficiency completion	<b>BEING VALUED</b> respect consideration	<b>RECOGNITION</b> to be seen to be understood	<b>INTERDEPENDENCE</b> participation support	<b>INTEGRITY</b> congruence responsibility	<b>PRIVACY</b> space freedom
<b>CLARITY</b> understanding consciousness	<b>ORDER</b> consistency simplicity	<b>COLLABORATION</b> contribution cooperation	<b>PARTNERSHIP</b> reciprocity shared reality	<b>COMMUNITY</b> celebration mourning	<b>AGENCY</b> influence impact	<b>STABILITY</b> predictability balance
<b>INSPIRATION</b> creativity beauty	<b>FLEXIBILITY</b> adaptability agility		<b>HARMONY</b> peace unity		<b>PURPOSE</b> fulfillment meaning	