

Needs and Feelings Inventory

Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
interdependence
intimacy
love
mutuality
nurturing
respect
self-respect
safety
security
stability
support
to know and be known
to see and be seen
to understand
to be understood
trust
warmth

HONESTY

authenticity
integrity
presence

PLAY

fun
joy
humor

PEACE

balance
beauty
communion
ease
equality
harmony
inspiration
order

PHYSICAL WELL-BEING

air
elimination
hydration (water)
nourishment (food)
movement (exercise)
rest/sleep
sexual expression
safety
shelter
touch
warmth

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

AUTONOMY

choice
expression
freedom
independence
space
spontaneity

Needs and Feelings Inventory, cont.

Words to Describe FEELINGS

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: Feelings we may have when our needs **are** being met and feelings we may have when our needs are **not** being met.

Some feelings when your needs are satisfied:

AFFECTIONATE

compassionate
friendly
loving
open-hearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

INSPIRED

amazed
awed
wonder

EXCITED

alive
amazed
animated
ardent
aroused

astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
motivated
passionate
surprised
vibrant

EXHILARATED

blissful
delighted
ecstatic
elated
enthralled
exuberant
pleased
radiant
rapturous
thrilled

GRATEFUL

appreciative
moved
thankful
touched
warm

HOPEFUL

expectant
encouraged
optimistic

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

REFRESHED

awake
energized
enlivened
rejuvenated
renewed
rested
restored
revived

PEACEFUL

calm
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

Needs and Feelings Inventory, cont.

Some feelings when your needs are *not* satisfied:

AFRAID
apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
uneasy
unnerved
unsettled
upset

AVERSION
animosity
appalled
contempt
disgusted
dislike
hate
horrified

hostile
repulsed
CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
shut down
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil

EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE
beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
spent
tired
weary
worn out

PAIN
agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD
Brokenhearted
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless

melancholy
unhappy
wretched

TENSE
anxious
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
regretting
wistful