

Feelings Inventory

Feelings likely to be present when our needs **are** or **are not** being met. These lists can help us gain clarity about our feeling by finding a word that might fit our feeling better than the few feeling words we mostly rely on (the words at the beginning of each list). It can help us expand our feelings vocabulary.

These lists are 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.

absorbed	adoring	confident	adventurous	absorbed
blissful	affectionate	delighted	alive	alert
calm	amorous	ecstatic	buoyant	aroused
carefree	appreciative	encouraged	effervescent	astonished
composed	compassionate	excited	electrified	concerned
content	friendly	exhilarated	energetic	curious
engrossed	grateful	glad	exuberant	eager
expansive	loving	glorious	giddy	enriched
fulfilled	nurtured	grateful	goofy	enthusiastic
loving	open	happy	impish	fascinated
quiet	passionate	hopeful	invigorated	helpful
peaceful	radiant	inspired	jubilant	inquisitive
relaxed	sensitive	joyful	lively	intense
relieved	tender	optimistic	mischievous	interested
satisfied	thankful	proud	playful	intrigued
serene	trusting	satisfied	refreshed	involved
tranquil	warm	touched	zestful	surprised
agitated	blue	afraid	blah	apathetic
angry	dejected	anguished	bored	boggled
animosity	depressed	anxious	comatose	chagrined
bitter	despairing	apprehensive	disinterested	confused
cantankerous	despondent	desperate	dull	detached
disgruntled	discouraged	dread	exhausted	embarrassed
disgusted	disheartened	fearful	fatigued	frustrated
edgy	dismayed	frightened	fidgety	hesitant
enraged	distant	horrified	heavy	hurt
exasperated	distressed	insecure	helpless	irritated
frustrated	gloomy	jealous	indifferent	perplexed
furious	heavy	jittery	inert	puzzled
grouchy	helpless	lonely	lethargic	restless
hostile	lonely	nervous	listless	skeptical
impatient	melancholy	scared	mopey	suspicious
irate	miserable	sensitive	overwhelmed	troubled
irked	overwhelmed	shocked	passive	uncomfortable
irritable	sad	startled	reluctant	uneasy
mad	sorrowful	suspicious	sleepy	unglued
pessimistic	troubled	terrified	tired	unsteady
rancorous	unhappy	worried	weary	withdrawn
violent				

Needs Inventory

This 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.

We often find that synonyms to the words listed here fit better. To facilitate this process, the needs are grouped by theme. Find the word that resonates with you. Remember that it might not even be on this list.

You might find it useful to highlight needs that you notice frequently during your self-discovery. These are your core needs.

- Air
- Balance
- Comfort
- Food
- Nourishment
- Physical Well-Being
- Protection
- Rest/sleep
- Sexual expression
- Safety
- Shelter
- Sustenance
- To Thrive
- Touch
- Water
- Authenticity
- Honesty
- Integrity
- Presence
- Self-worth
- Transparency
- Adventure
- Celebration of life
- Humor
- Joy
- Laughter
- Movement/exercise
- Mourning
- Play
- Recreating
- Spontaneity
- Beauty
- Communion
- Ease
- Equality
- Equanimity
- Harmony
- Inspiration
- Order
- Peace
- Tranquility
- Wonder
- Aliveness
- Awareness
- Awe
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Hope
- Learning
- Meaning
- Participation
- Purpose
- Self-Expression
- Stimulation
- Understanding
- Wholeness
- Acceptance
- Affection
- Appreciation
- Belonging
- Closeness
- Communication
- Community
- Companionship
- Compassion
- Connection
- Consideration
- Consistency
- Cooperation
- Empathy
- Inclusion
- Interdependence
- Intimacy
- Love
- Mutuality
- Nurturing
- Respect/Self-respect
- Security
- Stability
- Support
- Trust
- Warmth
- Autonomy
- Choice
- Freedom
- Independence
- Privacy
- Space