

NEEDS & EMOTIONS CHEAT SHEET

COLLECTIVECHANNEL.COM

LIST OF UNIVERSAL HUMAN NEEDS Source: CNVC

CONNECTION

acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/selfrespect

CONNECTION (cont)

safety security stability support to know and be known to see and be seen to understand and be understood trust warmth

PHYSICAL WELL-BEING

air food movement/exercise rest/sleep sexual expression safety shelter touch water

HONESTY authenticity

integrity presence

PLAY joy humor

PEACE

beauty communion ease equality harmony inspiration order

AUTONOMY

choice freedom independence space spontaneity

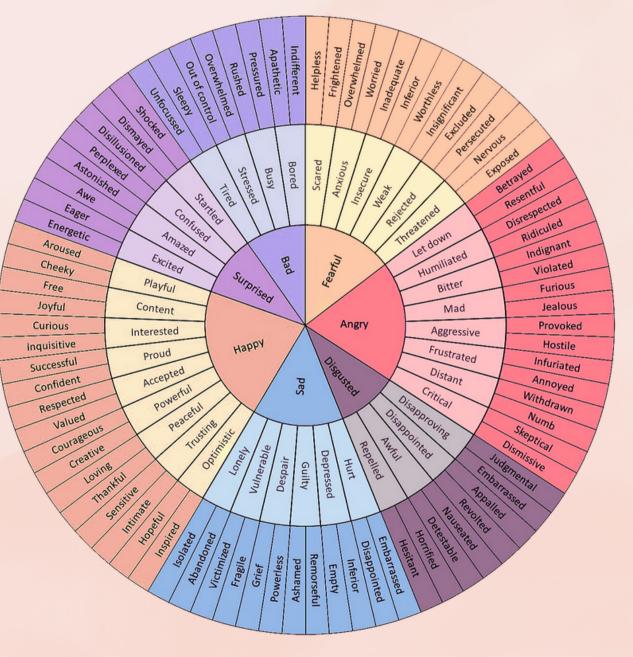
MEANING

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

COLLECTIVECHANNEL.COM

THE WHEEL OF EMOTIONS

The wheel of emotions can help us drill down to what we're really feeling in a given moment. What emotion(s) are you feeling right now? What were you feeling earlier?



COLLECTIVECHANNEL.COM

FEELINGS ASSOCIATED WITH MET NEEDS

AFFECTIONATE

Compassionate Fond Loving Openhearted Tender Warm

ENGAGED

Absorbed Curious Engrossed Enchanted Enthralled Entranced Fascinated Interested Intrigued Involved Open Spellbound Stimulated

EXCITED

Amazed Ardent Aroused Dazzled Energetic Enlivened Enthusiastic Exuberant Invigorated Lively Passionate Surprised Vibrant

EXHILARATED

Enthralled Radiant Electrified Euphoric Overjoyed Thrilled

GRATEFUL

Appreciative Moved Thankful Touched

ΗΑΡΡΥ

Amused Blissful Cheerful Delighted **E**cstatic Elated Giddy Glad Jolly Joyful Jubilant Merry Overjoyed Pleased Rapturous Tickled

HOPEFUL

Confident Expectant Jazzed Lighthearted Sanguine Up Upbeat

INSPIRED

Amazed Eager Enthused Motivated Moved Psyched Stimulated Stirred Wonder

PEACEFUL

Calm Comfortable Centered Content Equanimity Fulfilled Mellow Open Quiet Relaxed Relieved Satisfied Serene Tranquil

REFRESHED

Recharged Rejuvenated Renewed Rested Restored Revived

FEELINGS ASSOCIATED WITH UNMET NEEDS

ANGER

Aggravated Angry Animosity Annoved Contempt Disgruntled Enraged Exasperated Furious Hate Hostile Incensed Irate Irritated Irked Livid Miffed Nettled Outraged Peeved Resentful

AVERSION

Appalled

Bothered

Dissaust

Dislike

Enmity

Displeased

Abhorrence

AVERSION CONT.

Horrified Loathing Repulsion Revulsion

CONFUSION

Ambivalent Baffled Bewildered Conflicted Dazed Discombobulated Disoriented Mixed Mystified Perplexed Puzzled Torn

DISCONNECTION

Apathetic Bored Closed Detached Distant Indifferent Listless Numb Withdrawn

DISQUIET

Agitated Alarmed Concerned Distraught Disconcerted Dismayed Disturbed **Frustrated** Perturbed Rattled Restless Shocked Startled Surprised Troubled Turbulent Turmoil Uncomfortable Uneasy Unnerved Unsettled Upset

EMBARRASSMENT

Ashamed Chagrined Discomfited Flustered Mortified Self-conscious

FATIGUE

Beat Burnt-out Depleted Exhausted Listless Pooped Sleepy Tired Weary Wiped out Worn out

FEAR

Afraid Anxious Apprehensive Dread Fearful Foreboding Frightened Guarded Insecure Leery Mistrustful Panicked Petrified Scared Shaky

FEAR CONT.

Terrified Trepidation Wary Worried

PAIN

Aching Agony Anguished Devastated Grief Heartbroken Hungry Hurting Lonely Miserable Regretful Remorseful

SADNESS

Depressed Dejected Despairing Despondent Disappointed Discouraged Disheartened Forlorn Gloomy Heavy-hearted

SADNESS CONT.

Hopeless Melancholy Miserable Unhappy Wistful

TENSION

Anxious Closed Distressed Edgy Fidgety Frazzled Frustrated Jittery Nervous Overwhelmed Restless Stressed out

YEARNING

Longing Nostalgic Pining