



UNDERSTANDING YOUR

NEEDS & EMOTIONS CHEAT SHEET

[COLLECTIVECHANNEL.COM](https://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/self-respect

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

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

HAPPY

Amused
Blissful
Cheerful
Delighted
Ecstatic
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
Annoyed
Contempt
Disgruntled
Enraged
Exasperated
Furious
Hate
Hostile
Incensed
Irate
Irritated
Irked
Livid
Miffed
Nettled
Outraged
Peeved
Resentful

AVERSION

Abhorrence
Appalled
Bothered
Displeased
Dissgust
Dislike
Enmity

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
Petrieved
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