

"When I ( see, hear, or notice) \_\_\_\_\_, I feel \_\_\_\_\_ because I need (because what's important to me is, because I value) \_\_\_\_\_  
 Would you be willing to \_\_\_\_\_?"

**Feelings**

**Feelings**

**Needs**

**Delighted**  
 Joyful  
 Happy  
 Amused  
 Adventurous  
 Blissful  
 Elated

**Relaxed**  
 Relieved  
 Rested  
 Mellow  
 At ease  
 Light

**Thankful**  
 Appreciative  
 Moved  
 Touched  
 Tender  
 Expansive  
 Grateful

**Content**  
 Cheerful  
 Glad  
 Comfortable  
 Pleased

**Friendly**  
 Affectionate  
 Loving  
 Passionate

**Excited**  
 Enthusiastic  
 Overjoyed  
 Fervent  
 Giddy  
 Eager  
 Ecstatic  
 Thrilled

**Energetic**  
 Exhilarated  
 Exuberant  
 Vigorous

**Alert**  
 Focused  
 Awake  
 Clearheaded

**Satisfied**  
 Fulfilled  
 Gratified

**Interested**  
 Curious  
 Absorbed

**Peaceful**  
 Tranquil  
 Serene  
 Calm

**Healthy**  
 Empowered  
 Alive  
 Robust

**Confident**  
 Secure  
 Safe  
 Hopeful

**Scared**  
 Apprehensive  
 Dread  
 Worried  
 Panicky  
 Frightened  
 Vulnerable  
 Defensive

**Nervous**  
 Anxious  
 Restless  
 Jittery

**Tense**  
 Cranky  
 Stiff  
 Stressed  
 Overwhelmed  
 Agitated  
 Aggravated

**Hurt**  
 Pain  
 Agony  
 Anguish  
 Heartbroken  
 Lonely

**\*Depressed**  
 Disconnected  
 Detached  
 Despondent  
 Dejected  
 Bored

**Tired**  
 Burnt Out  
 Exhausted  
 Lethargic

**\*Angry**  
 \*Furious  
 \*Rage  
 \*Irate  
 \*Resentful  
 Irritated

**Frustrated**  
 Disappointed  
 Discouraged  
 Disheartened  
 Impatient

**Shocked**  
 Disturbed  
 Stunned  
 Alarmed  
 Appalled  
 Concerned  
 Horrified

**Sad**  
 Grief  
 Despair  
 Regretful  
 Sullen  
 Downhearted  
 Hopeless

**Torn**  
 Ambivalent  
 Confused  
 Puzzled

**Jealous**  
 Envious  
 \*Bitter

**Embarrassed**  
 \*Ashamed  
 Contrite  
 \*Guilty

**Intimacy**  
 Empathy  
 Connection  
 Affection  
 Warmth  
 Love  
 Understanding  
 Acceptance  
 Caring  
 Bonding  
 Compassion  
 Communion  
 Spirituality  
 Sexuality

**Autonomy**  
 Choice  
 Freedom  
 Spontaneity  
 Independence  
 Respect  
 Honor

**Security**  
 Predictability  
 Consistency  
 Stability  
 Trust  
 Reassurance

**Partnership**  
 Family  
 Mutuality  
 Friendship  
 Companionship  
 Support  
 Collaboration  
 Consideration  
 Seen/heard  
 Acknowledgment  
 Belonging  
 Community  
 Appreciation

**Purpose**  
 Competence  
 Contribution  
 Efficiency  
 Growth  
 Learning  
 Challenge  
 Discovery

**Order**  
 Structure  
 Clarity  
 Focus  
 Information

**Celebration**  
 Mourning  
 Aliveness  
 Humor  
 Beauty  
 Play  
 Joy

**Honesty**  
 Integrity  
 Authenticity  
 Wholeness  
 Fairness  
 Expression  
 Creativity

**Peace**  
 Groundedness  
 Hope  
 Healing  
 Harmony  
 Ease /Comfort

**Nurturing**  
 Food/Water  
 Rest/Sleep  
 Safety / Health  
 Shelter

\*These are alarm feelings letting you know that your thoughts contain judgments and "shoulds" and you are disconnected from needs.

\*\*Bolded words are a part of the list and not just headings.

