

# Feelings and Needs Reference Guide

Please note that this is not a comprehensive list, but it's a great starting point. We have borrowed this awesome feelings and needs inventory from NVCAcademy.

## Basic Human Feelings When Our Needs Are Fulfilled

Absorbed	Cozy	Glorious
Adventurous	Curious	Grateful
Affectionate	Cushy	Gratified
Alert	Dazzled	Grief
Alive	Delighted	Happy
Amorous	Eager	Helpful
Animated	Ecstatic	Hopeful
Appreciative	Elated	Humbled
Amazed	Electrified	Inquisitive
Amused	Enchanted	Inspired
Aroused	Encouraged	Intrigued
Astonished	Energetic	Invigorated
Astounded	Engrossed	Involved
Awake	Enthralled	Joyful
Awed	Enthusiastic	Liberated
Blissful	Excited	Loving
Breathless	Exhilarated	Mellow
Buoyant	Expansive	Merry
Calm	Expectant	Mirthful
Carefree	Fascinated	Moved
Comfortable	Friendly	Optimistic
Confident	Fulfilled	Passionate
Contented	Gleeful	Peaceful

## Basic Human Feelings When Our Needs Are Fulfilled

Perky	Renewed	Stunned
Pleased	Rested	Surprised
Proud	Restored	Tender
Puzzled	Revived	Thankful
Quiet	Safe	Thrilled
Radiant	Satisfied	Tickled
Rapturous	Secure	Tranquil
Refreshed	Serene	Touched
Reinvigorated	Shocked	Upbeat
Rejuvenated	Spellbound	Uplifted
Relaxed	Startled	Warm
Relieved	Still	Zestful

## Basic Human Feelings When Our Needs Are NOT Fulfilled

Afraid	Concerned	Disturbed
Aggravated	Confused	Doubtful
Agitation	Cool	Downcast
Alarmed	Contrite	Downhearted
Aloof	Cross	Dread
Angry	Dejected	Dull
Anguish	Depressed	Edgy
Animosity	Despair	Embarrassed
Annoyance	Despondent	Embittered
Anxious	Detached	Enraged
Apathetic	Diffident	Envious
Appalled	Disappointed	Exasperated
Apprehensive	Disconnected	Exhausted
Ashamed	Discouraged	Exposed
Aversion	Disenchanted	Fatigued
Awful	Disgruntled	Fearful
Bad	Disgusted	Fidgety
Beat	Disheartened	Forlorn
Bewildered	Disinterested	Frightened
Bitter	Dislike	Frustrated
Blue	Dismayed	Furious
Bored	Displeased	Gloomy
Breathless	Disquieted	Grief
Brokenhearted	Distant	Guilty
Chagrined	Distraught	Hate
Cold	Distressed	Heavy

## Basic Human Feelings When Our Needs Are NOT Fulfilled

Helpless	Mopey	Sour
Hesitant	Morose	Spent
Horrified	Nervous	Spiritless
Horrible	Overwhelmed	Startled
Hostile	Pain	Surprised
Hurt	Panicky	Suspicious
Impatient	Passive	Tense
Incensed	Perplexed	Terrified
Indifferent	Pessimistic	Tired
Indignant	Puzzled	Troubled
Infuriated	Rancorous	Uncertain
Insecure	Regretful	Uncomfortable
Intense	Reluctant	Uneasy
Irate	Remorseful	Unglued
Irked	Repelled	Unhappy
Irritated	Resentful	Unnerved
Jealous	Restless	Unsteady
Jittery	Revolted	Upset
Lazy	Sad	Uptight
Lethargic	Scared	Vengeful
Listless	Sensitive	Vexed
Lonely	Shaky	Vulnerable
Mad	Shocked	Weary
Mean	Skeptical	Withdrawn
Melancholy	Sleepy	Woeful
Miserable	Sorrowful	Worried

# How do I know what I need?

Figuring out your needs can be really hard. If you don't even know what you're feeling, how are you supposed to know the kinds of needs you have? Now that you have the vocabulary for your feelings, let's go over a few major areas of needs and the feelings associated with them.



Autonomy



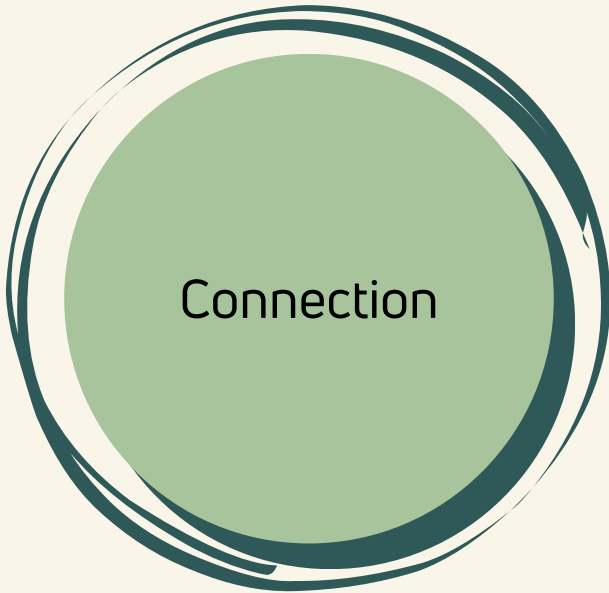
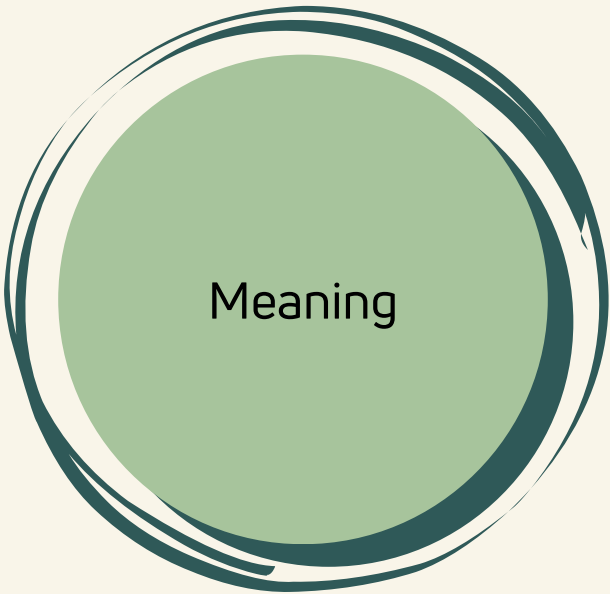
Interdependence



Celebration of  
Life



Physical Needs



# Take another look!

Now that you know the different types of needs and the different types of feelings, think about what each of those needs means to you. It might be helpful to print this material for this next part.

Look at the needs listed on the previous pages and write the feelings of fulfillment with the need you think that feeling refers to. For example, my need for autonomy is met when I feel expansive and optimistic, so I would write those words next to autonomy on the previous page.

After you have done that, take some time to look through the list of feelings we experience when we feel unfulfilled. When one of your needs is not met, what do you feel? Try to associate those negative feelings with the need that is not being met. For example, if my mental need is not met, I feel listless and disinterested.

Now that you have associated the feelings with their needs, think about how you feel. Take the next page to write all the things you feel, negative and positive. Once you've written out all the things you feel, match those feelings with the different needs. That will tell you which needs are fulfilled and which are unfulfilled.



