

Positive feelings	invigorated lively	satisfied serene	livid outraged	perturbed rattled	SAD depressed	Needs	HONESTY authenticity
AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm	passionate surprised vibrant	still tranquil trusting	resentful	restless shocked startled	dejected despair despondent	CONNECTION acceptance affection	integrity presence
	GRATEFUL appreciative moved thankful touched	REFRESHED enlivened rejuvenated renewed rested restored revived	AVERSION animosity appalled contempt disgusted dislike hate horrified hostile repulsed	surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset	disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy unhappy wretched	appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support	PLAY joy humor
ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved spellbound stimulated	INSPIRED amazed awed wonder	Negative feelings	CONFUSED ambivalent baffled bewildered dazed hesitant lost mystified perplexed puzzled torn	EMBARRASSED ashamed chagrined flustered guilty mortified self-conscious	TENSE anxious cranky distressed distraught edgy fidgety frazzled irritable jittery nervous overwhelmed restless stressed out	consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect safety security stability support to know and be known to see and be seen to understand and be understood trust warmth	PEACE beauty communion ease equality harmony inspiration order
HOPEFUL expectant encouraged optimistic	JOYFUL amused delighted glad happy jubilant pleased tickled	AFRAID apprehensive dread foreboding frightened mistrustful panicked petrified scared suspicious terrified wary worried	DISCONNECTED alienated aloof apathetic bored cold detached distant distracted indifferent numb removed uninterested withdrawn	FATIGUE beat burnt out depleted exhausted lethargic listless sleepy tired weary worn out	frayed irritable jittery nervous overwhelmed restless stressed out	to understand and be understood trust warmth	AUTONOMY choice freedom independence space spontaneity
CONFIDENT empowered open proud safe secure	EXHILARATED blissful ecstatic elated enthralled exuberant radiant rapturous thrilled	ANNOYED aggravated dismayed disgruntled displeased exasperated frustrated impatient irritated irked		PAIN agony anguished bereaved devastated grief heartbroken hurt lonely miserable regretful remorseful	VULNERABLE fragile guarded helpless insecure leery reserved sensitive shaky	PHYSICAL WELL-BEING air food movement/exercise rest/sleep sexual expression safety shelter touch water	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
EXCITED amazed animated ardent aroused astonished dazzled eager energetic enthusiastic giddy	PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved	ANGRY enraged furious incensed indignant irate	DISQUIET agitated alarmed discombobulated disconcerted disturbed		YEARNING envious jealous longing nostalgic pining wistful		