FEELINGS INVENTORY

(Please do not consider this the final word on human feelings. Treat it as a good starting point.)

Feelings likely to be experienced when our needs are being fulfilled

◆Absorbed◆Adventurous◆Affectionate◆Alert◆Alive◆Amazed◆Amused◆Animated◆Appreciative
◆Aroused◆Astonished
◆Blissful◆Breathless◆Buoyant
◆Calm◆Carefree◆Cheerful◆Comfortable◆Complacent◆Composed◆Concerned◆Confident
◆Contented◆Cool◆Curious
◆Dazzled◆Delighted
◆Eager◆Ecstatic◆Effervescent◆Elated◆Electrified◆Encouraged◆Energetic◆Engrossed◆Enlivened
◆Enthusiastic◆Excited◆Exhilarated◆Expansive◆Expectant◆Exultant
◆Fascinated◆Free◆Friendly◆Fulfilled
◆Gay◆Glad◆Gleeful◆Glorious◆Glowing◆Good-humored◆Grateful◆Gratified◆Groovy
◆Happy◆Helpful◆Hopeful
◆Inquisitive◆Inspired◆Intense◆Interested◆Intrigued◆Invigorated◆Involved◆Joyous◆Joyful◆Jubilant
◆Key-up◆Loving◆Mellow◆Merry◆Mirthful◆Moved
◆Optimistic◆Overjoyed◆Overwhelmed◆Peaceful◆Pleasant◆Proud◆Quiet
◆Radiant◆Rapturous◆Refreshed◆Relieved
◆Satisfied◆Secure◆Sensitive◆Spellbound◆Splendid◆Stimulated◆Surprised
◆Tender◆Thankful◆Thrilled◆Touched◆Tranquil◆Trusting◆Warm◆Wide-awake◆Wonderful◆Zestful

Feelings likely to be experienced when our needs are not being fulfilled

◆Afraid◆Aggravated◆Agitated◆Alarmed◆Aloof◆Angry◆Anguished◆Animosity◆Annoyed◆Anxious
◆Apathetic◆Apprehensive◆Aroused◆Averse
◆Beat◆Bitter◆Blah◆Blue◆Bored◆Breathless◆Brokenhearted
◆Chagrined◆Cold◆Concerned◆Confused◆Cool◆Cross
◆Dejected◆Depressed◆Despair◆Despondent◆Detached◆Disappointed◆Discouraged◆Disgruntled
◆Disgusted◆Disheartened◆Dislike◆Dismayed◆Displeased◆Disquieted◆Distressed◆Disturbed
◆Downcast◆Downhearted◆Dread◆Dull
◆Edgy◆Embarrassed◆Embittered◆Exasperated◆Exhausted◆Fatigued◆Fearful◆Fidgety◆Forlorn
◆Frightened◆Frustrated◆Furious
◆Gloomy◆Grief◆Guilty
◆Hate◆Heavy◆Helpless◆Hesitant◆Horrified◆Horrible◆Hostile◆Hot◆Humdrum◆Hurt
◆Impatient◆Indifferent◆Inert◆Intense◆Irate◆Irked◆Irritated
◆Jealous◆Jittery
◆Keyed-up◆Lassitude◆Lazy◆Lethargic◆Listless◆Lonely
◆Mad◆Mean◆Melancholic◆Miserable◆Mopey◆Nervous◆Nettled◆Overwhelmed
◆Passive◆Perplexed◆Pessimistic◆Puzzled◆Rancorous◆Reluctant◆Repelled◆Resentful◆Restless
◆Sad◆Scared◆Sensitive◆Shaky◆Shocked◆Skeptical◆Sleepy◆Sorrowful◆Sorry◆Sour◆Spiritless◆Startled
◆Surprised◆Suspicious
◆Tepid◆Terrified◆Tired◆Troubled◆Uncomfortable◆Unconcerned◆Uneasy◆Unglued◆Unhappy
◆Unnerved◆Unsteady◆Upset◆Uptight
◆Vexed◆Weary◆Withdrawn◆Woeful◆Worried◆Wretched

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NEEDS INVENTORY

(Please do not consider this the final word on Universal Human Needs. Treat it as a good starting point.)

Autonomy
- To choose one's dreams, goals, values
- To choose one's plans for fulfilling one's dreams, goals, values

Celebration
- To celebrate the creation of life
- To celebrate the loss of life (mourning)

Integrity
- Authenticity
- Meaning
- Creativity

Interdependence
- Acceptance
- Appreciation
- Closeness
- Consideration
- Contribution to the enrichment of life (to exercise one's power by giving that which contributes to life
- Empathy
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love
- Reassurance
- Respect
- Support
- Trust
- Warmth

Physical Nurturance
- Air
- Food
- Movement, Exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals (especially human beings)
- Rest
- Sexual Health & Wholeness
- Shelter
- Touch
- Water

Play

Spiritual Communion
- Beauty
- Harmony
- Inspiration
- Order
- Peace

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