

NEEDS INVENTORY

“

When I see/hear _____ ,

I feel _____

because I need/value/love _____ .

Would you be willing to _____ ?

”

AUTONOMY

Choice	Self-worth
Freedom	Space
Independence	Spontaneity
Individuality	

CONNECTION

Acceptance	Information
Acknowledgement	Intimacy
Affection	Love
Appreciation	Mutuality
Belonging	Nurturing
Bonding	Predictability
Caring	Reliability
Collaboration	Respect/Self-Respect
Cooperation	Safety
Communication	Security
Closeness	Stability
Community	Support
Companionship	To hear and be heard
Compassion	To know and be known
Consideration	To see and be seen
Consistency	To understand and be understood
Empathy	Trust
Friendship/Relationship	Warmth
Inclusion	

HONESTY

Authenticity	Integrity
Creativity	Presence
Expression	Wholeness
Fairness	

PLAY

Humour	Laughter
Joy	Relaxation

MEANING

Aliveness	Growth
Awareness	Hope
Celebration of life	Information
Challenge	Learning
Clarity	Mourning
Competence	Participation
Consciousness	Purpose
Contribution	Self-expression
Creativity	Stimulation
Discovery	To matter
Efficiency	Understanding
Effectiveness	

PHYSICAL WELL- BEING

Air	Sexual expression
Food/Water	Safety/Health
Movement/Exercise	Shelter
Rest/Sleep	Touch

PEACE

Beauty	Harmony
Communion	Healing
Ease/comfort	Inspiration
Equality	Order
Flow	Structure
Focus	

FEELINGS INVENTORY

FEELINGS WHEN YOUR NEEDS ARE SATISFIED

DELIGHTED

Joyful
Happy
Amused
Adventurous
Blissful
Elated

THANKFUL

Appreciative
Moved
Touched
Tender
Expansive
Grateful

CONFIDENT

Secure
Safe
Hopeful

EXCITED

Enthusiastic
Overjoyed
Amazed
Eager
Ecstatic
Thrilled

SATISFIED

Fulfilled
Gratified

INTERESTED

Curious
Absorbed
Engaged

HEALTHY

Empowered
Alive

RELAXED

Relieved
Rested
Mellow
At ease
Light

CONTENT

Cheerful
Glad
Comfortable
Pleased

FRIENDLY

Affectionate
Loving
Passionate

ENERGETIC

Exhilarated
Exuberant

ALERT

Focused
Awake
Clearheaded

PEACEFUL

Tranquil
Serene
Calm

FEELINGS WHEN YOUR NEEDS ARE NOT SATISFIED

SCARED

Dread
Worried
Panicky
Frightened
Vulnerable
Defensive

NERVOUS

Anxious
Restless

TENSE

Stiff
Stressed
Overwhelmed
Agitated
Aggravated

HURT

Pain
Heartbroken
Lonely
Anguish

TIRED

Burnt Out
Exhausted
Lethargic

* ANGRY

* Furious
* Rage
* Resentful
Irritated

FRUSTRATED

Disappointed
Discouraged
Disheartened
Impatient

JEALOUS

Envious
Yearning
Longing
Nostalgic

EMBARRASSED

*Ashamed
*Guilty
Flustered
Self-conscious
Mortified

CONFUSED

Ambivalent
Torn
Puzzled
Lost

SAD

Grief
Despair
Regretful
Downhearted
Hopeless
Upset

SHOCKED

Stunned
Alarmed
Appalled
Concerned
Horrified

DISCONNECTED

* Depressed
Detached
Dejected
Bored
Alienated
Cold
Distracted
Numb
Indifferent
Uninterested
Distant
Removed
Withdrawn

DISQUIET

Uncomfortable
Uneasy
Rattled
Restless
Unsettled

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