

FEELINGS

AFFECTIONATE compassionate loving openhearted tender	overjoyed GRATEFUL touched HAPPY amused delighted joyful pleased HOPEFUL confident INSPIRED eager wonder PEACEFUL comfortable centred content equanimity quiet relaxed relieved	ANGER contempt hate exasperated irritated resentful AVERSION disgust dislike CONFUSION conflicted discombobulated DISCONNECTION bored closed indifferent numb withdrawn DISQUIET alarmed concerned restless shocked	troubled uncomfortable EMBARRASSMENT ashamed self-conscious FATIGUE exhausted tired FEAR anxious dread frightened guarded insecure scared PAIN agony devastated grief lonely miserable regretful SADNESS	depressed despairing hurt despondent disappointed discouraged TENSION anxious distressed frustrated nervous overwhelmed restless stressed YEARNING longing FAUX FEELINGS abandoned abused betrayed bullied rejected ignored
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NEEDS

CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration 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 PHYSICAL WELL- BEING air water food movement rest sleep sexual expression safety shelter 'connection to country'	touch HONESTY authenticity integrity presence 'sorry business' PLAY joy humor PEACE beauty communion ease equality harmony inspiration order AUTONOMY choice direction forward freedom independence space	spontaneity MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding
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