

NEEDS INVENTORY		FEELINGS INVENTORIES			<i>WHEN YOUR NEEDS ARE NOT SATISFIED</i>			
CONNECTION	PLAY		EXCITED	PEACEFUL		CONFUSED	EMBARRASSED	SAD
acceptance	joy		amazed	calm		ambivalent	ashamed	depressed
affection	humor	<i>WHEN YOUR NEEDS ARE SATISFIED</i>	animated	clear headed		baffled	chagrined	dejected
appreciation	PHYSICAL		ardent	comfortable	AFRAID	bewildered	flustered	despair
belonging	WELL-BEING		aroused	centered	apprehensive	dazed	guilty	despondent
cooperation	air	AFFECTIONATE	astonished	content	dread	hesitant	mortified	disappointed
communication	food	compassionate	dazzled	equanimous	foreboding	lost	self-conscious	discouraged
closeness	movement/exercise	friendly	eager	fulfilled	frightened	mystified		disheartened
community	rest/sleep	loving	energetic	mellow	mistrustful	perplexed	FATIGUE	forlorn
companionship	sexual expression	open hearted	enthusiastic	quiet	panicked	puzzled	beat	gloomy
compassion	safety	sympathetic	giddy	relaxed	petrified	torn	burnt out	heavy hearted
consideration	shelter	tender	invigorated	relieved	scared		depleted	hopeless
consistency	touch	warm	lively	satisfied	suspicious	DISCONNECTED	exhausted	melancholy
empathy	water		passionate	serene	terrified	alienated	lethargic	unhappy
inclusion		CONFIDENT	surprised	still	wary	aloof	listless	wretched
intimacy	MEANING	empowered	vibrant	tranquil	worried	apathetic	sleepy	
love	awareness	open		trusting		bored	tired	TENSE
mutuality	celebration of life	proud	EXHILARATED		ANNOYED	cold	weary	anxious
nurturing	challenge	safe	blissful	REFRESHED	aggravated	detached	worn out	cranky
respect/self-respect	clarity	secure	ecstatic	enlivened	dismayed	distant		distressed
safety	competence		elated	rejuvenated	disgruntled	distracted	PAIN	distraught
security	consciousness	ENGAGED	enthralled	renewed	displeased	indifferent	agony	edgy
stability	contribution	absorbed	exuberant	rested	exasperated	numb	anguished	fidgety
support	creativity	alert	radiant	restored	frustrated	removed	bereaved	frazzled
to know and be known	discovery	curious	rapturous	revived	impatient	uninterested	devastated	irritable
to see and be seen	efficacy	engrossed	thrilled		irritated	withdrawn	grief	jittery
to understand and be understood	effectiveness	enchanted		GRATEFUL	irked		heartbroken	nervous
trust	growth	entranced	appreciative	appreciative		DISQUIET	hurt	overwhelmed
warmth	hope	fascinated	moved	moved	ANGRY	agitated	lonely	restless
	learning	interested	thankful	thankful	enraged	alarmed	miserable	stressed out
	mourning	intrigued	touched	touched	furious	discombobulated	regretful	
	participation	involved			incensed	disconcerted	remorseful	VULNERABLE
	purpose	spellbound	HOPEFUL		indignant	disturbed		fragile
HONESTY	self-expression	stimulated	expectant		irate	perturbed		guarded
authenticity	stimulation		encouraged		livid	rattled		helpless
integrity	to matter	INSPIRED	optimistic		outraged	restless		insecure
presence	understanding	amazed			resentful	shocked		leery
		awed	JOYFUL			startled		reserved
PEACE	AUTONOMY	wonder	amused		AVERSION	surprised		sensitive
beauty	choice		delighted		animosity	troubled		shaky
communion	freedom		glad		appalled	turbulent		
ease	independence		happy		contempt	turmoil		YEARNING
equality	space		jubilant		disgusted	uncomfortable		envious
harmony	spontaneity		pleased		dislike	uneasy		jealous
inspiration			tickled		hate	unnerved		longing
order					horrified	unsettled		nostalgic
					hostile	upset		pinning
					repulsed			wistful