

CORE FAMILIES OF FEELINGS



JOY & CONTENTMENT

Adventurous	Curious	Giddy	Loving	Satisfied
Affectionate	Delighted	Glad	Moved	Stimulated
Alive	Determined	Grateful	Overjoyed	Surprised
Amazed	Eager	Happy	Peaceful	Thankful
Amused	Ecstatic	Hopeful	Pleased	Thrilled
Astonished	Encouraged	Inspired	Proud	Touched
Calm	Excited	Intrigued	Refreshed	Tranquil
Confident	Fascinated	Invigorated	Relaxed	Trusting
Content	Friendly	Joyful	Relieved	Upbeat

FEAR & ANXIETY

Afraid
 Alarmed
 Anxious
 Apprehensive
 Bewildered
 Cautious
 Concerned
 Confused
 Disconcerted
 Disturbed
 Dubious
 Embarrassed
 Impatient
 Jittery
 Nervous
 Overwhelmed
 Panicky
 Perplexed
 Puzzled
 Reluctant
 Restless
 Scared
 Shocked
 Stressed
 Terrified
 Worried

ANGER & FRUSTRATION

Aggravated
 Agitated
 Angry
 Annoyed
 Appalled
 Cranky
 Disgusted
 Exasperated
 Frustrated
 Furious
 Impatient
 Indignant
 Infuriated
 Irritated
 Resentful
 Upset

SADNESS & GRIEF

Bored
 Depressed
 Disappointed
 Discouraged
 Disheartened
 Dismayed
 Despairing
 Exhausted
 Helpless
 Hopeless
 Hurt
 Lonely
 Melancholic
 Sad
 Tired
 Troubled

FAUX FEELINGS

*Interpretations
 masquerading as feelings*

Abandoned	Ignored	Neglected
Abused	Intimidated	Put Upon
Attacked	Invisible	Rejected
Betrayed	Let Down	Rushed
Bullied	Manipulated	Unappreciated
Cheated	Misunderstood	Used

NEEDS: A VOCABULARY OF BECOMING



SUBSISTENCE

Clean Air & Water
 Food
 Rest
 Shelter

PROTECTION/SECURITY

Fairness
 Honesty
 Justice
 Honoring Agreements
 Nurturing
 Openness
 Order
 Safety
 Stability
 Trust

PARTICIPATION

Accomplishment
 Action
 Belonging
 Capacity
 Community
 Competence
 Connection
 Dependability
 Encouragement
 Harmony
 Mutuality
 Opportunities to Help Others
 Power Within One's World
 Recognition
 Respect
 Support
 To Enrich Life
 To Serve Life

CREATION

Creativity
 Expression
 Inspiration

AFFECTION

Companionship
 Intimacy
 Kindness
 To Matter to Someone

IDENTITY/MEANING

Acknowledgment
 Appreciation
 Challenges
 Clarity
 Integrity
 Learning New Skills
 Privacy
 Self-Development
 Shared Reality
 To Be Seen For One's Striving
 To Be Seen For One's Intentions
 To Be Someone
 To Make Sense of One's World

LEISURE

Celebration
 Comfort & Ease
 Play & Fun
 Recreation

FREEDOM

Autonomy
 Choices
 To Speak One's Mind

UNDERSTANDING

Consideration
 Empathy
 Peace of Mind
 To Be Heard

TRANSCENDENCE

Beauty
 Love
 Peace
 Rhythm