

Some Feelings Arising From Needs/Values

WHEN UNSATISFIED

WHEN SATISFIED

Hungry
Thirsty
Cold
Tired
Envy
Fearful

SURVIVAL

Sated
Quenched
Warm
Rested
Content
Serene

Scared
Afraid
Nervous
Angry

PROTECTION

Alert
Secure
Relaxed
Peaceful

Listless
Shame
Guilty
Bored
Apathetic

MEANING

Engaged
Proud
Optimistic
Interested
Awe

Constricted
Lonely
Contempt

INTERDEPENDENCE

Open
Belonging
Love

Hopeless
Helpless
Frustration
Anger

AUTONOMY

Hopeful
Confident
Ease
Open

Separate
Disconnection
Lonely
Agitation

EMPATHY

Unity
Connection
Relief
Peace of Mind

Shy
Apprehensive

HONESTY

Confident
Assured

Sick
Pain

WELL-BEING

Healthy
Well

Disappointment
Listless
Sad

REGENERATION

Gratitude
Energized
Happy

Grief
Depression
Apathy

TRANSCENDENCE

Mourning
Joy
Inspiration