

<p>Feelings Associated with Unmet Needs</p> <p>ANGER aggravated angry animosity annoyed contempt disgruntled enraged exasperated furious hate hostile incensed irate irritated irked livid miffed nettled outraged peevied resentful</p> <p>AVERSION abhorrence appalled bothered displeased disgust dislike enmity horrified loathing repulsion revulsion</p>	<p>CONFUSION ambivalent baffled bewildered conflicted dazed discombobulated disoriented mixed mystified perplexed puzzled torn</p> <p>DISCONNECTION apathetic bored closed detached distant indifferent listless numb withdrawn</p> <p>DISQUIET agitated alarmed concerned distraught disconcerted dismayed disturbed frustrated perturbed rattled restless shocked startled surprised troubled turbulent turmoil uncomfortable uneasy unnerved unsettled upset</p>	<p>EMBARRASSMENT ashamed chagrined discomfited flustered mortified self-conscious</p> <p>FATIGUE beat burnt out depleted exhausted listless poooped sleepy tired weary wiped out worn out</p> <p>YEARNING longing nostalgic pining</p> <p>TENSION anxious closed distressed edgy fidgety frazzled frustrated jittery nervous overwhelmed restless stressed out</p>	<p>FEAR afraid anxious apprehensive dread fearful foreboding frightened guarded insecure leery mistrustful panicked petrified scared shaky terrified trepidation wary worried</p> <p>PAIN aching agony anguished devastated grief heartbroken hungry hurting lonely miserable regretful remorseful</p> <p>SADNESS depressed dejected despairing despondent disappointed discouraged disheartened forlorn gloomy heavy hearted hopeless melancholy miserable unhappy wistful</p>
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Feelings Associated with Met Needs

<p>AFFECTIONATE compassionate fond loving openhearted tender warm</p> <p>ENGAGED absorbed curious engrossed enchanted enthralled entranced fascinated interested intrigued involved open spellbound stimulated</p> <p>EXCITED amazed ardent aroused dazzled energetic enlivened enthusiastic exuberant invigorated lively passionate surprised vibrant</p>	<p>EXHILARATED enthralled radiant electrified euphoric overjoyed thrilled</p> <p>GRATEFUL appreciative moved thankful touched</p> <p>HAPPY amused blissful cheerful delighted ecstatic elated giddy glad jolly joyful jubilant merry overjoyed pleased rapturous tickled</p> <p>HOPEFUL confident expectant jazzed lighthearted sanguine up upbeat</p>	<p>INSPIRED amazed eager enthused motivated moved psyched stimulated stirred wonder</p> <p>PEACEFUL calm comfortable centered content equanimity fulfilled mellow open quiet relaxed relieved satisfied serene tranquil</p> <p>REFRESHED recharged rejuvenated renewed rested restored revived</p>	
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Needs

<p>AUTONOMY choice dignity freedom independence self-expression space spontaneity</p> <p>CONNECTION acceptance affection appreciation authenticity belonging care closeness communication communion community companionship compassion consideration empathy friendship inclusion inspiration integrity intimacy love mutuality nurturing partnership presence respect/self-respect security self-acceptance self-care</p>	<p>self-connection self-expression shared reality stability support to know and be known to see and be seen trust understanding warmth</p> <p>MEANING awareness celebration challenge clarity competence consciousness contribution creativity discovery efficiency effectiveness growth integration integrity learning mourning movement participation perspective presence progress purpose self-expression stimulation understanding</p>	<p>PEACE acceptance balance beauty communion ease equanimity faith harmony hope order peace-of-mind space</p> <p>PHYSICAL WELL-BEING air care comfort food movement/exercise rest/sleep safety (physical) self-care sexual expression shelter touch water</p> <p>PLAY adventure excitement fun humor joy relaxation stimulation</p>	
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