

# NEEDS

## Achievement

Accomplishment  
Authenticity  
Contribute  
Challenge  
Effective  
Freedom  
Independent  
Inspired  
Integrity  
Presence  
Space  
Humiliated  
Mortified

## Connection

Acceptance  
Appreciation  
Belonging  
Closeness  
Companionship  
Compassion  
Empathy  
Inclusion  
Nurturing  
Safe  
Secure  
Support  
Trust  
Disconnected

## Power

Encourage  
Control  
Compete  
Collaborate  
Frustrate  
Influence  
Prestige  
Resent  
Stable  
Status  
Stimulate  
Protect  
Isolate

## Meaning

Awareness  
Clarity  
Consciousness  
Creativity  
Curious  
Discovery  
Growth  
Hope  
Inquisitive  
Intrigued  
Joy  
Learning  
Participation  
Purpose

## Worthy

Accepted  
Belonging  
Disappointed  
Gloomy  
Grateful  
Expanding  
Heavy-hearted  
Heartbroken  
Joyous  
Light-hearted  
Pleased  
Satisfied

# SENSATIONS

## Skin

Achy  
Clammy  
Cold  
Dry  
Hot  
Icy  
Itchy  
Prickly  
Rigid  
Sticky  
Sensitive  
Tight  
Tingling  
Warm

## Motion

Bubbly  
Buzzing  
Churning  
Constricted  
Dizzying  
Flowing  
Knotted  
Languid  
Lifted  
Shaky  
Streaming  
Sparkling  
Slow  
Spinning  
Twitchy  
Unsettled  
Vibrating

## - Energy

Blah  
Burdened  
Choked up  
Concerned  
Depressed  
Dismal  
Dreary  
Dull  
Flat  
Low  
Melancholy  
Moody  
Mournful  
Somber  
Sulky  
Sullen  
Stillness

## + Energy

Calm  
Carefree  
Ecstatic  
Exhilarated  
Frisky  
Giddy  
Jubilant  
Light  
Lively  
Peaceful  
Playful  
Relaxed  
Restful  
Serene  
Sparkling  
Thrilled  
Vivacious

## Weight

Buoyant  
Contained  
Crushed  
Constricted  
Floating  
Grounded  
Gentle  
Heavy  
Hard  
Light  
Loose  
Settled  
Soft  
Stuck  
Tense  
Taut  
Uptight

## Love

Affection  
Close  
Desirous  
Devoted  
Enamored  
Engrossed  
Fondness  
Intimate  
Open  
Passionate  
Seductive  
Sincere  
Tender  
Warm

**Apathy**

Lost  
Numb  
Leery  
Helpless  
Weary  
Insecure  
Removed  
Reserved  
Withdrawn  
Gloomy  
Worn Out  
Hesitant  
Uninterested  
Timid  
Wishy-washy  
Bored  
Indifferent  
Detached  
Aloof  
Depleted  
Gutless  
Lethargic  
Restless  
Ambivalent  
Quiet  
Yearning  
Self-Conscious  
Mellow  
Serene  
Comfortable  
Respect  
Zen  
Rested  
Open  
Peaceful  
Pleased  
Amiable  
Languid

**Relaxed****Worry**

Apprehensive  
Cautious  
Alarmed  
Rattled  
Flustered  
Ashamed  
Paralyzed  
Contemptuous  
Apprehensive  
Distressed  
Cranky  
Distrusting  
Questioning  
Skeptical  
Dread  
Foreboding  
Nervous  
Edgy  
Disturbed  
Longing  
Grumpy  
Irritated  
Intent  
Hopeful  
Surprised  
Aroused  
Restored  
Eager  
Fearless  
Keen  
Satisfied  
Grateful  
Competent  
Trusting  
Revived  
Centered  
Cruising  
Empowered

**Control****Afraid**

Agitated  
Exasperated  
Panicked  
Dependent  
Shocked  
Panicky  
Bitter  
Threatened  
Irate  
Fearful  
Horried  
Rattled  
Jealous  
Envious  
Uncomfortable  
Suspicious  
Worried  
Cowardly  
Cautious  
Burnt out  
Confused  
Indecisive  
Preoccupied  
Wavering  
Enthusiastic  
Excited  
Festive  
Absorbed  
Optimistic  
Balanced  
Clear Headed  
Content  
Complacent  
Comfortable  
Cheerful  
Generous  
Inspired  
Optimistic

**Awe****Anxious**

Furious  
Petrified  
Livid  
Angry  
Outraged  
Alarmed  
Hysterical  
Terrified  
Wretched  
Troubled  
Indignant  
Resentful  
Enraged  
Perturbed  
Vulnerable  
Fragile  
Longing  
Pressured  
Involved  
Moved  
Energized  
Stimulated  
Lively  
Ardent  
Encouraged  
Stimulated  
Invigorated  
Passionate  
Zealous  
Dazzled  
Vibrant  
Engrossed  
Rejuvenated  
Exuberant  
Rapturous  
Ecstatic  
Thrilled  
Spellbound

**Flow**