

NEEDS

Acceptance	Be Held Dear	Compassion	Ease	Humor	Love	Power	Self-worth
Appreciation	Belonging	Competence	Empathy	Integrity	Mourning	Purpose/Meaning	Support
Authenticity	Celebration	Connection	Exercise	Intimacy	Mutuality	Rest	To Matter
Autonomy	Choice	Consideration	Freedom	Inclusion	Nurturance	Respect	Trust
Balance	Clarity	Contribution	Harmony	Inspiration	Order	Safety	Understanding
Beauty	Comfort	Cooperation	Honesty	Joy	Peace	Security	Warmth
Be Heard/Seen	Community	Creativity	Hope	Learning/Growth	Play	Self-expression	Well-being

FEELINGS WHEN NEEDS MET

Amusement	Fulfillment	Relaxation
Appreciation	Gratitude	Relief
Awe	Happiness	Satisfaction
Calm	Hope	Stimulation
Comfort	Inspiration	Surprise
Confidence	Joy	Touched
Contentment	Optimism	Tranquility
Delight	Peace	Vitality
Enthusiasm	Pleasure	Wonder
Excitement	Pride	

FEELINGS WHEN NEEDS NOT MET

Anger	Discouragement	Longing/Yearning
Annoyance	Distress	Overwhelm
Anxiety	Embarrassment	Resentment
Concern	Fear	Sadness
Conflict	Frustration	Stress
Confusion	Helplessness	Tiredness
Curiosity	Hopelessness	Upset
Despair	Hurt	Vulnerability
Disappointment	Irritation	Worry
Discomfort	Loneliness	



THE
Love & Light
INSTITUTE

Cultivate the potential within
loveandlightinstitute.org