



Basic Human Needs and Feelings

Needs inventory

Connection

Acceptance
 Affection
 Appreciation
 Belonging
 Cooperation
 Communication
 Closeness
 Community
 Companionship
 Compassion
 Consideration
 Consistency
 Empathy
 Inclusion
 Intimacy
 Love
 Mutuality
 Nurturing
 Respect/Self-Respect
 Safety
 Security
 Stability
 Support
 To know and be known
 To see and be seen
 To understand and be understood
 Trust
 Warmth

Physical Well-Being

Air
 Food
 Movement/Exercise
 Rest/Sleep
 Sexual Expression
 Safety
 Shelter
 Touch
 Water

Honesty

Authenticity
 Integrity
 Presence

Play

Joy
 Humor

Peace

Beauty
 Communion
 Ease
 Equality
 Harmony
 Inspiration
 Order

Meaning

Awareness
 Celebration of life
 Challenge
 Clarity
 Competence
 Consciousness
 Contribution
 Creativity
 Discovery
 Efficacy
 Effectiveness
 Growth
 Hope
 Learning
 Mourning
 Participation
 Purpose
 Self-Expression
 Stimulation
 To matter
 Understanding

Autonomy

Choice
 Freedom
 Independence
 Space
 Spontaneity

An easy way to connect to basic human needs is to remember these five As: Attention, Acceptance, Affection, Appreciation, Autonomy.





Feelings when needs are met/are not met

When needs are met . . .

Comfortable, full, satisfied, easy, content, relaxed, fulfilled, safe

Rested, refreshed, rejuvenated, spry, energized, strong, invigorated, alive, exuberant, alert, relaxed

Interested, curious, engaged, intent, involved, absorbed, fascinated

Glad, happy, excited, hopeful, joyful, delighted, grateful, encouraged, confident, cheerful, elated, exuberant, enthusiastic, optimistic, overjoyed

Peaceful, calm, serene, expansive, tranquil, radiant, blissful, clear, composed, secure, at ease, content

Loving, connected, touched, warm, affectionate, tender, open, friendly, compassionate, nurtured, amorous

Grateful, appreciative, thankful

Adventurous, eager, playful, alive, inspired, amused, invigorated, motivated, stimulated, excited

When needs are not met . . .

Uncomfortable, pained, uneasy, hurt, miserable, embarrassed

Tired, exhausted, fatigued, lethargic, weary, sleepy, dull, overwhelmed

Uninterested, aloof, bored, distant, apathetic, disinterested, withdrawn

Sad, unhappy, troubled, dismayed, disheartened, heavy, lonely, disturbed, anguished, disappointed, despairing, depressed, gloomy

Nervous, anxious, worried, alarmed, distressed, edgy, confused, perplexed, insecure, jittery, skeptical, unsteady, suspicious

Mad, angry, furious, aggravated, irritated, enraged, hostile, bitter, upset, exasperated, frustrated, infuriated, embittered, agitated

Annoyed, disappointed, bitter

Scared, fearful, afraid, anxious, hesitant, reluctant, shocked, terrified, horrified, paralyzed

