



Needs

Acceptance
Affection
Belonging
Consistency
Consideration
Stability
Trust
Understanding to be heard
Cooperation
Joy
Humor
Equality
Order
Purpose
Significance
Spontaneity
Respect
Challenge
Growth
Freedom
Love
Safety
Rest
Harmony

Feelings

Happy
Sad
Bored
Angry
Frustrated
Joyful
Afraid
Calm
Excited
Shocked
Distrustful
Confident
Tired
Annoyed
Hopeful
Guilty
Grumpy
Worried
Lonely
Jealous
Hurt
Determined
Uncertain
Playful