

FEELINGS AND NEEDS WORDS

FEELINGS

Angry
Annoyed
Anxious
Ashamed
Awkward
Bitter
Bored
Calm
Conflicted
Confused
Content
Curious
Depressed
Disappointed
Discouraged
Disgusted
Distant
Embarrassed
Empathetic
Exhausted
Foolish
Frustrated
Grief
Guilty
Hopeless
Hurt
Impatient
Insecure
Isolated
Jealous
Lonely
Lost
Miserable
Numb
Overwhelmed
Reflective
Regret
Restless
Sad
Sensitive
Surprised
Tense
Tired
Uncomfortable
Unhappy
Vulnerable

NEEDS

Affection
Appreciation
Balance
Beauty
Belonging
Boundaries
Care
Challenge
Choice
Comfort
Community
Compassion
Confidence
Connection
Consideration
Consistency
Dependability
Excitement
Expression
Fairness
Freedom
Growth
Honesty
Independence
Inspiration
Joy
Kindness
Knowledge
Love
Meaning
Motivation
Newness
Patience
Peace
Positivity
Realness
Recognition
Resolution
Respect
Rest
Safety
Security
Sharing
Space
Support
Time
To feel heard
Trust
Understanding
Validation