



Feelings when Needs are Met:

AFFECTIONATE compassionate friendly loving open hearted sympathetic tender warm	ENGAGED (cont'd) spellbound stimulated	EXHILARATED (cont'd) ecstatic elated enthralled exuberant radiant rapturous thrilled	PEACEFUL calm clear headed comfortable centered content equanimous fulfilled mellow quiet relaxed relieved satisfied serene still tranquil trusting
CONFIDENT empowered open proud safe secure	INSPIRED amazed awed wonder	EXCITED amazed animated ardent aroused astonished dazzled	GRATEFUL appreciative moved thankful touched
ENGAGED absorbed alert curious engrossed enchanted entranced fascinated interested intrigued involved	HOPEFUL eager energetic enthusiastic giddy invigorated	JOYFUL amused delighted glad happy jubilant pleased tickled	REFRESHED enlivened rejuvenated renewed rested restored revived
	EXHILARATED blissful		

Feelings are your sixth sense. They tell you whether you are experiencing something threatening, painful, regretful, sad or joyous. Feelings help you interpret, arrange and direct your other five senses.

They are not mystical or magical.
They are what makes us human.

Not to be aware of your own feelings, not understanding them or not knowing how to use or express them is like being emotionally blind, deaf and paralyzed.

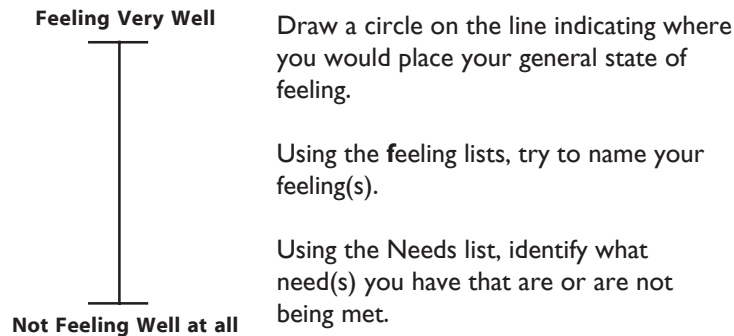
If feelings are your reactions to what you experience and color your perception of the world, it makes sense that confusing, conflicting, or alienated feelings lead to a painful personal emotional world.

Where do you start in understanding your feelings?

Feelings arise from our basic human needs. If our needs are met, good feelings arise. If our needs aren't met, bad feelings arise. Our goal: to feel our feelings, stay safe, and meet our needs in healthy ways.

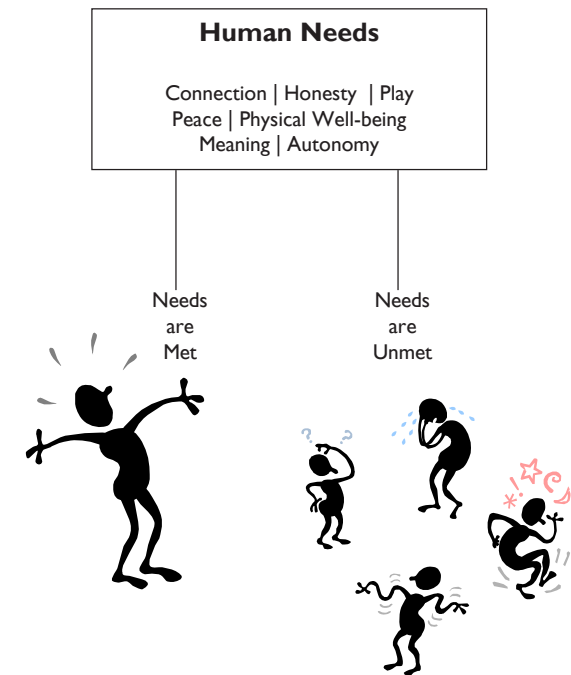
Feeling RX

Start each morning by checking in with yourself. Chart your overall level of feeling in your Journal using the following line graph:



If you have difficulty identifying, expressing or staying safe with your feelings, consider sharing and working on these difficulties in therapy.

The Origin of Feelings:



Based on the following: Rosenberg, M. (Puddle Dancer Press, 2003) Nonviolent Communication, 2nd ed. and Viscott, D. (Pocket Books, 1976) The Language of Feelings. Compiled and designed by Elizabeth Davis, LPCI. www.elizabethdavis.net

Needs:

Here is a list of basic human needs. Customize this list as needed.

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

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

PHYSICAL

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

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

Feelings when Needs are Unmet:**AFRAID**

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

Things to Know About Needs:

- Everyone has them. They are what make you human.
- Everyone is ultimately responsible for getting his or her own needs met in healthy ways.
- All people are connected to others - all people have to rely on others to meet some of their needs (for example, infants rely on parents and caregivers for their needs of well-being and often adults rely on employment for meeting some of their physical needs for well-being).
- Meeting the needs of others that they are responsible for meeting themselves could be called: caretaking, codependency, or enabling.
- Meeting the needs of others that they can not meet for themselves could be called: sharing, loving, friendship, or gifting.