

A0001: Needs, Feelings, and Body Sensations

Needs / Longings

Needs are yearnings fundamental to the well-being of our bodies or spirits.

Needs are distinguished from strategies, which are the ways in which we can choose to meet our needs.

* Since these two words are more likely to be heard as criticisms, I prefer to use other words.
You can ask yourself, "If my need for respect was being met, what needs would that meet for me?"

Acceptance	Closeness	Food	Movement	Self-expression
Air	Communication	Growth	Mutuality	Sexual expression
Appreciation	Community	Harmony	Order	Shelter
Authenticity	Compassion	Health	Participation	Stimulation
Autonomy	Competence	Honesty	Peace	Support
Awareness	Connection	Hope	Physical well-being	To be seen
Balance	Consideration	Inclusion	Play	To matter
Beauty	Contribution	Inspiration	Presence	Touch
Belonging	Cooperation	Integrity	Purpose	Trust
Celebration	Creativity	Intimacy	Reassurance	Understanding
Challenge	Ease	Love	Rest	Warmth
Choice	Effectiveness	Meaning	Safety	Water
Clarity	Empathy	Mourning	Security	Equity, Respect*

Feelings

Though we may think that others cause our feelings, feelings come from our evaluations about how well our needs are being met. Feelings last 60-90 seconds unless re-stimulated by our thoughts.

Afraid	Curious	Frightened	Miserable	Shocked	Feelings mixed with thoughts: Abandoned Abused Attacked Betrayed Cheated Coerced Distrusted Ignored Intimidated Manipulated Misunderstood Neglected Overworked Provoked Pressured Rejected Threatened Unappreciated Unsupported
Aggravated	Dejected	Frustrated	Mortified	Stimulated	
Agitated	Delighted	Fulfilled	Moved	Stressed	
Alarmed	Depressed	Furious	Nervous	Surprised	
Amazed	Disappointed	Glad	Numb	Tender	
Ambivalent	Discouraged	Grateful	Open	Tense	
Amused	Disgusted	Grieving	Optimistic	Terrified	
Angry	Disheartened	Happy	Outraged	Thankful	
Anguished	Distressed	Hopeful	Overwhelmed	Tired	
Annoyed	Eager	Hopeless	Peaceful	Torn	
Anxious	Ecstatic	Hurt	Petrified	Touched	
Appreciative	Edgy	Impatient	Puzzled	Troubled	
Apprehensive	Embarrassed	Insecure	Regretful	Uncomfortable	
Ashamed	Energetic	Inspired	Relaxed	Unhappy	
Bored	Enthusiastic	Intrigued	Relieved	Unsettled	
Calm	Envious	Irritated	Remorseful	Upset	
Comfortable	Exasperated	Joyful	Repulsed	Vulnerable	
Concerned	Excited	Jubilant	Resentful	Wearry	
Confident	Exhausted	Listless	Restless	Worried	
Conflicted	Exhilarated	Lonely	Sad		
Content	Fascinated	Longing	Scared		



Body Sensations

The body holds clues about how well we are meeting our needs and to what extent we are honouring our feelings. Unmet needs can lead to tension and discomfort.

Achy	Congested	Empty	Icy	Relaxed	Tender
Airy	Constricted	Energized	Itchy	Releasing	Tense
Blocked	Contracted	Expansive	Knotted	Sensitive	Thick
Breathless	Cool	Floating	Light	Shaky	Throbbing
Bruised	Dark	Flowing	Nauseous	Shivery	Tight
Bubbly	Deflated	Fluid	Nervy	Smooth	Tingly
Burning	Dense	Fluttery	Numb	Sore	Trembly
Buzzy	Disconnected	Frozen	Open	Spacey	Twitchy
Calm	Dizzy	Full	Pounding	Spacious	Warm
Clenched	Drained	Heavy	Prickly	Streaming	Wobbly
Closed	Dull	Hollow	Queasy	Suffocated	Wooden
Cold	Electric	Hot	Radiating	Sweaty	

