

Needs Inventory

WE WANT ...

- SUSTENANCE
- SAFETY
- COMMUNITY
- EMPATHY
- TRANSCENDENCE
- CHALLENGE
- AUTONOMY
- HONESTY
- REST
- WORK

SUSTENANCE

air, food & water
shelter
touch
health
healing

TRANSCENDENCE

purpose
presence, peace
creativity & wonder
growth, wholeness
flow, spirituality

REST

sleep, relaxation
play, ease
gratitude
celebration, mourning
balance

SAFETY

order, familiarity
consideration
justice & fairness
emotional safety
physical safety

CHALLENGE

adventure, risk
exploration
discovery
learning, novelty
play

WORK

contribution*
competence
productivity, reliability
efficiency
effectiveness
enjoyment & fun

COMMUNITY

belonging & support
To matter, To be heard
appreciation
interdependence
partnership
for other's well-being

AUTONOMY

choice
freedom
self-efficacy
power
space
independence

EMPATHY

respect, love
understanding
acceptance
connection
support

HONESTY

authenticity
integrity, clarity
vulnerability
openness
self-expression

NEEDS:

- *The resources needed to sustain life*
- *Everyone on the planet has the same ones*
- *Needs make no reference to any specific person doing any specific thing and they can be met in many ways*
- *When we are connected to them, we have energy*

Feelings Inventory

When Needs are Being Fulfilled We are likely to feel...

GLAD, happy, excited, hopeful, joyful, confident, inspired, relieved, touched, proud, satisfied, delighted, grateful, encouraged, elated, exuberant, optimistic

PEACEFUL, tranquil, calm, content, loving, satisfied, relaxed, engrossed, absorbed, expansive, serene, composed, blissful, clear

LOVING, warm, affectionate, tender, friendly, sensitive, grateful, compassionate, nurtured, amorous, trusting

PLAYFUL, energetic, effervescent, invigorated, zestful, refreshed, stimulated, alive, eager, exuberant, giddy, adventurous, enthusiastic

RESTED, relaxed, alert, refreshed, alive, energized, rejuvenated, strong, invigorated, renewed, revitalized, revived, revived

THANKFUL, grateful, appreciative, contented, pleased, relieved, gratified

When Needs are NOT Being Fulfilled We are likely to feel...

SAD, lonely, heavy, helpless, gloomy, grief, overwhelmed, distant, distressed, despondent, dismayed, discouraged, disheartened, gloomy, doleful, dismal, melancholy, mournful, forlorn

SCARED, afraid, fearful, terrified, startled, nervous, panicky, jittery, horrified, anxious, anguished, lonely, skeptical, suspicious

MAD, angry, aggravated, exasperated, agitated, furious, enraged, infuriated, hostile, bitter, pessimistic, resentful, irritated, annoyed, disappointed

CONFUSED, frustrated, perplexed, hesitant, troubled, torn, embarrassed, uneasy, worried, bewildered, concerned, addled, nonplussed, muddled

TIRED, exhausted, fatigued, lethargic, indifferent, listless, weary, overwhelmed, fidgety, helpless, heavy, sleepy, withdrawn, apathetic

UNCOMFORTABLE, pained, uneasy, hurt, miserable, embarrassed

A SHORT LIST OF "NON-FEELINGS": Attacked, abused, abandoned, betrayed, blamed, boxed-in, bullied, cheated, coerced, diminished, distrusted, interrupted, intimidated, let down, manipulated, misunderstood, pressured, put down, rejected, threatened, tricked, unseen, unwanted, used, violated