



Needs: Resources required to sustain and enrich life.

Needs are universal.

Needs make no reference to any specific person
doing any specific thing.

Key Distinction: Need vs. Strategy

Inspired by the work of Marshall Rosenberg, Ph.D. and Manfred Max-Neef, Ph. D., Chilean economist

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Feelings when your needs are satisfied

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

Feelings when your needs are not satisfied

AFRAID	AVERSION	numb	burnt out	hopeless
apprehensive	animosity	removed	depleted	melancholy
dread	appalled	uninterested	exhausted	mournful
foreboding	contempt	withdrawn	lethargic	unhappy
frightened	disgusted	DISQUIET	listless	wretched
mistrustful	dislike	agitated	sleepy	TENSE
panicked	hate	alarmed	tired	anxious
petrified	horrified	disconcerted	weary	cranky
scared	hostile	disturbed	worn out	distressed
suspicious	repulsed	perturbed	PAIN	distraught
terrified	CONFUSED	rattled	agony	edgy
wary	ambivalent	restless	anguished	fidgety
worried	baffled	shocked	bereaved	frazzled
ANNOYED	bewildered	startled	devastated	irritable
aggravated	dazed	surprised	grief	jittery
dismayed	flummoxed	troubled	heartbroken	nervous
disgruntled	hesitant	turbulent	hurt	overwhelmed
displeased	lost	turmoil	lonely	restless
exasperated	mystified	uncomfortable	miserable	stressed out
frustrated	perplexed	uneasy	regretful	VULNERABLE
impatient	puzzled	unnerved	remorseful	fragile
irritated	torn	unsettled	SAD	guarded
irked	DISCONNECTED	upset	depressed	helpless
ANGRY	alienated	EMBARRASSED	dejected	insecure
enraged	aloof	ashamed	despair	leery
furious	apathetic	chagrined	despondent	reserved
incensed	bored	flustered	disappointed	sensitive
indignant	cold	guilty	discouraged	shaky
irate	detached	mortified	disheartened	YEARNING
livid	distant	self-conscious	forlorn	envious
outraged	distracted	FATIGUE	gloomy	jealous
resentful	indifferent	beat	heavy hearted	longing