

Feelings Identification Chart

Feelings/Emotions You'll feel When Your Needs ARE Being Satisfied

				-5
Peaceful	Loving	Glad	<u>Playful</u>	<u>Interested</u>
Calm	Warm	Нарру	Energetic	Involved
Content	Affectionate	Excited	Refreshed	Intense
Serene	Tender	Hopeful	Stimulated	Alert
Loving	Passionate	Joyful	Lively	Aroused
Blissful	Friendly	Satisfied	Giddy	Concerned
Relaxed	Sensitive	Confident	Mischievous	Curious
Relieved	Compassionate	Proud	Goofy	Enthusiastic
Quiet	Grateful	Optimistic	Adventurous	Surprised
Carefree	Trusting	Encouraged	Electrified	Helpful
Fulfilled	Open	Delighted	Invigorated	Fascinated
Satisfied	Thankful	Grateful	Exuberant	Eager



Feelings/Emotions You'll feel When Your Needs are NOT Being Satisfied

9'19		• • •	zzz	
Mad	Sad	Afraid	<u>Tired</u>	Confused
Angry	Lonely	Scared	Exhausted	Frustrated
Resentful	Troubled	Fearful	Sleepy	Troubled
Violent	Helpless	Terrified	Dull	Uncomfortable
Enraged	Discouraged	Anxious	Bored	Embarrassed
Frustrated	Unhappy	Worried	Blah	Hurt
Irritable, edgy	Depressed	Insecure	Disinterested	Irritated
Aggravated	Miserable	Jealous	Fidgety	Restless
Disgusted	Helpless	Frightened	Fatigued	Detached
Mean, bitter	Distant	Suspicious	Mopey	Skeptical
Furious	Discouraged	Sensitive	Heavy	Withdrawn
Hostile	Unhappy	Desperate	Indifferent	Puzzled

Needs Identification Chart

A **need** is something that is necessary to live a healthy life.

Once you have identified your feeling, you can focus on what you may be needing.

Acceptance	Awareness	Autonomy	<u>Care</u>	Connection
Acknowledgment	Discovery	Choice	Affection	Belonging
Appreciation	Focus	Creativity	Closeness	Collaboration
Gratitude	Learning	Freedom	Compassion	Communication
Reassurance	Perspective	Identity	Empathy	Cooperation
Self-Acceptance	To Know	Independence	Love	Friendship
Self-Respect	To See	Purpose	Nurturing	Inclusion
To Be Seen	Understanding	Self-Expression	Self-Care	Participation
To Matter				Trust

Meaning	<u>Play</u>	<u>Peace</u>	Physical Well-Being	
Competence	Adventure	Balance	Air	Protection
Effectiveness	Celebration	Beauty	Comfort	Rest
Growth	Excitement	Consistency	Exercise	Safety
Honesty	Fun	Ease	Food	Shelter
Integrity	Humor	Faith	Health	Touch
Progress	Laughter	Harmony	Movement	Warmth
Purpose	Joy	Inspiration	Nutrition	Water
Sustainability	Relaxation	Order		



Self-Care Tools:

Read a Book

Spend Time in Nature

Exercise

Write in a journal

Use Kind & Compassionate Self-Talk

Play Outside

Rest, Nap, or Take a Break

Go for a Walk, Hike, or Run

Practice Gratitude

Do a Puzzle

Ride a Bike or Skateboard

Color or Draw

Talk to Someone You Trust

Visualize a Peaceful Place

Stretch

Practice Breathing Exercises

Use a Stress Ball or Fidget

Eat Healthy

Sing or Dance

Play a Sport

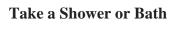
Watch TV or a Movie



Call a Friend or Person You Trust



Do Something Kind





Drink Water



Play a Board Game



Forgive, Let go, Move on



Garden or Do Yardwork



Play with a Pet



Smile and Laugh



Cook or Bake



Ask for Help



Engage in a Hobby



Get a Hug



Clean, Declutter, or Organize



Cry



Listen to Music



Kick, Bounce, or Throw a Ball



Give Yourself a Pep Talk



Play Video Games

































