



Feelings Identification Chart

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

<u>Peaceful</u>	<u>Loving</u>	<u>Glad</u>	<u>Playful</u>	<u>Interested</u>
Calm	Warm	Happy	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






<u>Mad</u>	<u>Sad</u>	<u>Afraid</u>	<u>Tired</u>	<u>Confused</u>
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Furious	Discouraged	Sensitive	Heavy	Withdrawn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.

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

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



Self-Care Tools:

Read a Book



Call a Friend or Person You Trust



Spend Time in Nature



Do Something Kind



Exercise



Take a Shower or Bath



Write in a journal



Drink Water



Use Kind & Compassionate Self-Talk



Play a Board Game



Play Outside



Forgive, Let go, Move on



Rest, Nap, or Take a Break



Garden or Do Yardwork



Go for a Walk, Hike, or Run



Play with a Pet



Practice Gratitude



Smile and Laugh



Do a Puzzle



Cook or Bake



Ride a Bike or Skateboard



Ask for Help



Color or Draw



Engage in a Hobby



Talk to Someone You Trust



Get a Hug



Visualize a Peaceful Place



Clean, Declutter, or Organize



Stretch



Cry



Practice Breathing Exercises



Listen to Music



Use a Stress Ball or Fidget



Kick, Bounce, or Throw a Ball



Eat Healthy



Give Yourself a Pep Talk



Sing or Dance



Play Video Games



Play a Sport



Watch TV or a Movie



