



Feelings

Feelings with MET Needs

AFFECTIONATE

Compassionate
Friendly
Loving
Open hearted
Sympathetic
Tender
Warm

CONFIDENT

Empowered
Open
Proud
Safe
Secure

ENGAGED

Absorbed
Alert
Curious
Engrossed
Enchanted
Entranced
Fascinated
Interested
Intrigued
Involved
Spellbound
Stimulated

INSPIRED

Amazed
Awed
Wonder

EXCITED

Amazed
Animated
Ardent
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic
Giddy

Invigorated
Lively
Passionate
Surprised
Vibrant

EXHILARATED

Blissful
Ecstatic
Elated
Enthralled
Exuberant
Free
Radiant
Rapturous
Thrilled

GRATEFUL

Appreciative
Moved
Thankful
Touched

HOPEFUL

Expectant
Encouraged
Optimistic

JOYFUL

Amused
Delighted
Glad
Happy
Jubilant
Pleased
Tickled

PEACEFUL

Calm
Clear headed
Comfortable
Centered
Content
Equanimity
Fulfilled
Mellow
Quiet
Relaxed
Relieved
Satisfied
Serene
Still
Tranquil
Trusting

REFRESHED

Enlivened
Rejuvenated
Renewed
Rested
Restored
Revived

Feelings with UNMET Needs

AFRAID

Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petrieved
Scared
Suspicious
Terrified
Wary
Worried

ANNOYED

Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irked

ANGRY

Enraged
Furious
Incensed
Indignant
Irate
Livid
Outraged
Resentful

AVERSION

Animosity
Appalled
Contempt
Disgusted
Dislike
Hate
Horrorified
Hostile
Repulsed

CONFUSED

Ambivalent
Baffled
Bewildered
Dazed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

DISCONNECTED

Alienated
Aloof
Apathetic
Bored
Cold
Detached
Distant
Distracted
Indifferent
Numb
Removed
Uninterested
Withdrawn

DISQUIET

Agitated
Alarmed
Discombobulated
Disconcerted
Disturbed
Perturbed
Rattled
Restless
Shocked
Startled
Surprised
Troubled
Turbulent
Turmoil
Uncomfortable
Uneasy
Unnerved
Unsettled
Upset

EMBARRASSED

Ashamed
Chagrined
Flustered
Guilty
Mortified
Self-conscious

FATIGUE

Beat
Burnt out
Depleted
Exhausted
Lethargic
Listless
Sleepy
Tired
Weary
Worn out

PAIN

Agony
Anguished
Bereaved
Devastated

Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

SAD

Depressed
Dejected
Despair
Despondent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy hearted
Hopeless
Melancholy
Unhappy
Wretched

TENSE

Anxious
Cranky
Distressed
Distraught
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed out

VULNERABLE

Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Sensitive
Shaky

YEARNING

Envious
Jealous
Longing
Nostalgic
Pining
Wistful

Please Note: This list is inherently incomplete. Send suggested additions to info@PeaceMattersNow.org. Thank you.



Needs

CONNECTION

Appreciation
 Belonging
 Communication
 Community
 Consideration
 Consistency
 Cooperation
 Emotional
 Empathy
 Honesty
 Inclusion
 Mutuality
 Nurturing
 Reassurance
 Safety

EMOTIONAL WELL-BEING

Acceptance
 Affection
 Closeness
 Companionship
 Compassion
 Intimacy
 Love
 Passion
 Respect
 Safety
 Sanity
 Self-esteem
 Self-respect
 Self-worth

Support
 To know and be known
 To see and be seen
 To understand and be understood
 Trust
 Warmth

HONESTY

Authenticity
 Integrity
 Presence

INTEGRITY

Authenticity
 Creativity
 Meaning

PLAY

Enjoyment
 Humor
 Joy
 Pleasure

AUTONOMY

Choice
 Freedom
 Independence
 Space
 Spontaneity

PEACE

Beauty
 Communion
 Ease
 Equality
 Flow
 Harmony
 Inspiration
 Order
 Sanity

PHYSICAL WELL-BEING

Air
 Food
 Movement/exercise
 Protection
 Rest/sleep
 Safety
 Sexual expression
 Shelter
 Touch
 Water

SPIRITUAL* COMMUNION

Beauty
 Coherence
 Harmony
 Inner Peace
 Inspiration
 Order
 Salvation
 Sanctuary
 Serenity
 Tranquility

PROSPERITY

Abundance
 Security
 Stability
 Sufficiency
 Sustainability
 Support

MEANING

Awareness
 Celebration of life
 Challenge
 Clarity
 Competence
 Consciousness
 Contribution
 Creativity
 Discovery
 Efficacy
 Effectiveness
 Growth
 Hope
 * Learning
 Mourning
 Participation
 Passion
 Purpose
 Self-expression
 Stimulation
 To matter
 Understanding

** The word spiritual means many things to many people. In this context, spiritual means life-enhancing.*