

NEEDS / UNIVERSAL VALUES -

Play / Fun

Rest / Relaxation

Understanding Others / Empathy

To be Understood / To be Heard

Understanding Me / Self-Empathy

Friends / Community / Belonging

Choice / Autonomy / Freedom

Learning / Exploration / Discovery

Capability / Competence Skills

Giving / Sharing

Respect / To Matter / To be Considered

Self – Expression / Creativity

Help / Support

Safety /Trust

FEELINGS

PLEASANT FEELINGS - FEELINGS WHEN NEEDS ARE MET

Playful / Exuberant

Thankful / Grateful

Friendly / Loving / Tender / Warm

Excited / Enthusiastic / Energetic / Eager

Happy / Glad / Delighted / Cheerful

Curious / Interested

Peaceful / Calm / Content / Relaxed

UNPLEASANT FEELINGS - FEELINGS WHEN NEEDS ARE NOT MET

Scared / Worried / Afraid

Confused / Puzzled / Mixed Up / Unsure

Frustrated

Unsettled / Concerned / Tense

Sad / Unhappy / Disappointed / Lonely

Surprised / Shocked

Angry / Mad / Furious / Upset