

Compassion Practice: Recognizing feelings and needs – feelings / emotions

When needs are wanting to be satisfied:

Annoyed	Disconnected	panicked	Stressed/Tired
bitter	apathetic	paralyzed	burnt out
edgy	bored	petrified	depleted
exasperated	distant	scared	exhausted
frustrated	distracted	tense	fatigued
grumpy	indifferent	terrified	listless
impatient	numb	worried	overwhelmed
irritable	uninterested		restless
irked	withdrawn	Pain	sleepy
		agony	wearry
Angry	Discomfort	devastated	worn out
agitated	agitated	grief	
enraged	alarmed	heartbroken	Vulnerable
exasperated	discombobulated	hurt	fragile
furious	disturbed	lonely	guarded
irate	perturbed	miserable	helpless
outraged	rattled	regretful	insecure
resentful	restless	remorseful	leery
Upset	shocked		reserved
	startled	Sad	sensitive
Aversion	surprised	depressed	shaky
appalled	troubled	despondent	tender
contempt	turbulent	disappointed	
disgusted	uncomfortable	discouraged	Yearning
dislike	uneasy unsettled	disheartened	envious
horrified		dismayed	jealous
repulsed	Embarrassed	gloomy	longing
	ashamed	heavy	pining
Confused	flustered	hearted	wishful
baffled	guilty	hopeless	
bewildered	self-conscious	troubled	
dazed		unhappy	
hesitant	Fearful	wretched	
lost	afraid		
mystified	apprehensive		
perplexed	anxious		
puzzled	distress		
torn	frightened		
	hesitant		
	nervous		

When needs are satisfied:

Affectionate	Glad	Hopeful
compassionate	alive	encouraged
friendly	amazed	expectant
loving	amused	optimistic
sympathetic	awed	Peaceful
tender	encouraged	calm
warm	energetic	comfortable
	enthusiastic	centered
Interested	excited	composed
absorbed	grateful	content
alert	happy	fulfilled
curious	hopeful	relaxed
enchanted	inspired	relieved
engaged	invigorated	satisfied
fascinated	joyful	
intrigued	motivated	Rested
spellbound	optimistic	alert
stimulated	pleased	alive
	thrilled	energized
Grateful	wonder	invigorated
appreciative		refreshed
moved		rejuvenated
thankful		relaxed
touched		renewed

The following can be confused as feelings when they are perceptions:

Abandoned	Manipulated	Threatened
Abused	Misunderstood	Tricked
Attacked	Neglected	
Betrayed	Overworked	
Blamed	Patronized	
Cheated	Pressured	
Criticized	Provoked	
Ignored	Rejected	
Intimidated	Put Down	

Compassion Practice: Recognizing feelings and needs – universal human needs

WELLBEING (peace)

Sustenance/Health

abundance/thriving
exercise
food,nutrition
nourishment
rest,sleep
shelter
sustainability
support/help
wellness
vitality, energy, aliveness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
stability
trust, faith

Rest/Recreation/Fun

acceptance
appreciation, gratitude
awareness
balance
beauty
ease
equanimity
humor
movement
play
relaxation
rejuvenation
simplicity
space
tranquility
wholeness
wonder

CONNECTION (love)

Love/Caring

affection, warmth
beauty
closeness, touch
companionship
compassion, kindness
intimacy
mattering/importance nurturing
sexual connection
respect, honoring
valuing, prizing

Empathy/Understanding

awareness, clarity
acceptance
acknowledgment
communication
consideration hearing (hear/be heard)
knowing (know/be known)
presence, listening
respect, equality
receptivity, openness
recognition
seeing (see/be seen)
self-esteem sensitivity

Community/Belonging

cooperation
fellowship
generosity
inclusion
interdependence
harmony, peace
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

SELF-EXPRESSION (joy)

Autonomy/Authenticity

choice
clarity
congruence
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

Creativity/Play

adventure
aliveness
discovery
initiative
innovation
inspiration
mystery
passion
spontaneity

Meaning/Contribution

appreciation, gratitude
achievement, productivity
celebration, mourning
challenge
efficacy
effectiveness
excellence
feedback
growth
learning, clarity
mystery
participation
purpose, value
self-actualization
self-esteem
skill, mastery