



Feelings and Needs Inventory

Feelings

Angry	Curious	Envious	Passionate
Bored	Cynical	Frustrated	Peaceful
Calm	Depressed	Grateful	Relieved
Caring	Detached	Hopeful	Secure
Compassionate	Determined	Impatient	Skeptical
Competitive	Disgusted	Inadequate	Unappreciated
Confident	Empathetic	Optimistic	Withdrawn
Convicted	Empowered	Outraged	Worried
Courageous	Enthusiastic	Overwhelmed	Worthless

Needs

Achievement	Discipline	Play
Aliveness	Discovery	Power
Autonomy	Efficiency	Recognition
Be understood	Freedom	Responsibility
Challenge	Harmony	Rest
Clarity	Integrity	Security
Compassion	Learning	Space
Connection	Meaning	Spontaneity
Creativity	Nurturing	Support