

Sample Feelings



Compassionate
Connecting

- **Feelings (when Needs met):** Relaxed, Content, Hopeful, Satisfied, Happy, Inspired, Amazed, Grateful, Joyful
- **Feelings (when Needs not met):** Sad, Longing, Confused, Lonely, Hurt, Regretful, Afraid, Upset, Overwhelmed, Frustrated, Annoyed, Angry

Sample Needs



Compassionate
Connecting

- **Physical Needs:** Air, Water, Shelter, Food, Touch, Movement, Procreation
- **Personal Needs:** Autonomy, Expression, Creativity, To be seen, Mastery, Empowerment, Space, Ease, Effectiveness, Stimulation, Aliveness, Honesty, Authenticity, Well-Being, Rest, Integrity, Learning, Growth
- **Interpersonal Needs:** Community, Belonging, Inclusion, Support, Partnership, Companionship, Collaboration, Consideration, Empathy, Reciprocity, Equity, Connection, Closeness, Peace, Shared-Play, Collective Learning (Evolution)
- **Transcendent Needs:** Meaning, Purpose, Love, Contribution, Flow, Beauty, Harmony, Communion, Intimacy, Spiritual Connection