

Some Basic Feelings and Needs We All Have

Needs are universal and non-specific

Needs are something we all have. There are many ways to get a need met.

No one person can meet all our needs. Needs can be met in many different ways.

Needs are non-specific, for example the need for closeness can be met by talking or walking or creating something with someone.

(From material by Marshall Rosenberg – check him out on YouTube)

Some Basic Needs We All Have:

Autonomy:
Choosing dreams/goals/values
Choosing plans for fulfilling one's dreams, goals, values

Celebration:
Celebrate the creation of life and dreams fulfilled
Celebrate losses: loved ones, dreams (mourning)

Integrity:			
Authenticity	Creativity	Meaning	Self-Worth

Interdependence:				
Acceptance	Appreciation	Closeness	Community	Consideration
Contribute to the Enrichment of Life		Emotional Safety	Empathy	

Physical Nurturance:				
Air	Food	Shelter	Touch	Rest
Sexual expression		Movement, exercise		Water
Protection from life-threatening forms of life (viruses, bacteria, predatory animals)				

Play:	
Fun	Laughter

Spiritual Communion:				
Beauty	Harmony	Inspiration	Order	Peace

Some Basic Feelings When Needs Are Fulfilled:

Amazed	Joyous	Comfortable	Moved	Confident
Optimistic	Eager	Proud	Energetic	Relieved
Fulfilled	Stimulated	Glad	Surprised	Hopeful
Thankful	Inspired	Touched	Intrigued	Trustful

Some Basic Feelings When Needs Are Not Fulfilled:

Angry	Hopeless	Annoyed	Impatient	Confused
Irritated	Concerned	Lonely	Disappointed	Nervous
Discouraged	Overwhelmed	Distressed	Puzzled	Embarrassed
Reluctant	Frustrated	Sad	Helpless	Uncomfortable

Scared
Worried
Anxious

“Anger is like a warning light on your car's dashboard and if you attend to it promptly you're more likely to get where you want to go. Remember, when dealing with anger that the goal is not just to "turn off the red light". Anger can be a wonderful wake-up call to help you understand what you need and what you value. Like warning lights and gauges, your emotions and the felt-sense in your body are there to help you understand which of your needs are being met, or are not being met.”

Marshall Rosenberg - http://www.naturalchild.org/marshall_rosenberg/ten_steps.html