

Feelings When Needs Are Met

*These feelings reflect nourishment, alignment, and connection.
They let us know something important is being cared for.*

◆ Confidence & Empowerment

Possible needs met: autonomy, competence, self-trust, choice

- Confident
- Empowered
- Secure
- Proud

◆ Engagement & Curiosity

Possible needs met: learning, meaning, discovery, stimulation

- Curious
- Interested
- Engaged
- Inspired

◆ Gratitude & Appreciation

Possible needs met: appreciation, contribution, recognition

- Grateful
- Thankful
- Moved
- Appreciative

◆ Restoration & Ease

Possible needs met: rest, balance, renewal, integration

- Rested
- Renewed
- Relieved
- Refreshed

◆ Connection & Belonging

Possible needs met: connection, love, belonging, inclusion, to know & be known

- Connected
- Loved
- Accepted
- Warm
- Included

◆ Calm & Grounded

Possible needs met: safety, peace, presence, regulation

- Calm
- Peaceful
- Centered
- Relaxed
- Steady

◆ Joy & Aliveness

Possible needs met: play, joy, expression, vitality

- Joyful
- Happy
- Delighted
- Playful
- Energized

Reflection:

What might I need right now?