



Feelings, Wants & Needs List

You can use this list to help you identify what you may be feeling, and what you may be wanting or needing, helping you listen to yourself and deal with your emotions in more effective, healthy, and life-affirming ways.

Note: The feelings you identify may or may not relate to the wants and needs. This activity is just to help you understand the feelings you are experiencing and your wants and needs at the time, so you can make choices that work better for you.

Feelings	Possible wants and needs	Ways to attend to uncomfortable feelings and/or meet wants or needs
Sad, blue, down	Nurturing, caring, support, connection	
Stressed, tense, overwhelmed	Belonging, connection, inclusion, friendship, community	
Angry, frustrated, resentful, hostile	Trust, dependability, honesty, commitment	
Bored, lonely, disconnected	Respect, appreciation, recognition	
Guilty, shameful, disappointed with myself	Fairness, justice, accountability	
Weak, powerless, or hopeless	Autonomy, independence, freedom, choice, self-expression	
Jealous, yearning, longing	To matter, to make a difference, to be acknowledged	
Anxious, scared, frightened,	Wellbeing, health, vitality	
Hurt, upset, disappointed	Consideration, understanding, to speak, to be heard	
Humiliated, embarrassed, belittled	Safety, peace, serenity	
Uncertain, confused, insecure	Authenticity, honour, purpose	
Tired, exhausted, fatigued	Fun, humour, pleasure	
Betrayed, abandoned, let down	Clarity, sureness, insight	
	Empowerment, change, progress	