

I feel...

| Mad | Sad | Glad | Afraid | Ashamed |
|--------------|--------------|--------------|---------------|----------------|
| Annoyed | Alone | Loved | Cautious | Embarrassed |
| Irritated | Hurt | Relieved | Apprehensive | Withdrawn |
| Offended | Disappointed | Satisfied | Anxious | Confused |
| Resistant | Discouraged | Confident | Unsure | Guilty |
| Trapped | Hopeless | Enthusiastic | Insecure | Caught |
| Uptight | Crushed | Content | Overwhelmed | Worthless |
| Angry | Grieved | Optimistic | Threatened | Exposed |
| Aggressive | Lost | Secure | Panicky | Misunderstood |
| Furious | Used | Adequate | Helpless | Small |
| Hostile | Defeated | Hopeful | Terrified | Inadequate |
| Contemptuous | Depressed | Capable | Paralyzed | Humiliated |

I need...

| | | | | |
|---------------|---------------|---------------|-------------|--------------|
| Safety | Play | Kindness | Honesty | To celebrate |
| Structure | Rejuvenation | Respect | Self-care | Faith |
| Rest | Appreciation | To be heard | Courage | Hope |
| Consistency | Attention | To be known | Awareness | Inspiration |
| Protection | Grace | Understanding | Help | Closure |
| Stability | Harmony | Belonging | Change | Variety |
| Trust | Intimacy | Communication | Stimulation | Activity |
| Choice | Support | Inclusion | Challenge | Freedom |
| Independence | Acceptance | Peace | Creativity | Clarity |
| Space | Love | Dignity | Reflection | Comfort |
| Collaboration | Encouragement | Growth | Purpose | Energy |
| Humor | Empathy | Healing | Beauty | Opportunity |