

The list below include colors, textures, temperatures, and other words to conceptualize and relate to sensations in the body.

Body Sensations List

Fragile

Feathery
Delicate
Tender
Flimsy
Pliable
Flexible
Steely
Stiff
Tough
Firm

Hard

Open

Enormous
Immense
Expansive
Ample
Narrow
Tiny
Constricted

Closed

Soft

Fluffy
Squishy
Spongy
Mushy
Doughy
Fleshy
Gelatinous
Pulpy
Bumpy
Gravelly
Coarse

Rough

Hot

Blazing
Burning
Scalding
Steamy
Lukewarm
Tepid
Icy
Frozen

Cold

Smooth

Satiny
Glassy
Plasticity
Velvety
Rounded
Curved
Angled

Pointy

Prickly
Bitter
Spicy
Stinging
Sharp

Loud

Lusty
Raucous
Roaring
Rowdy
Thundering
Muffled
Timid
Mute

Still

Quiet

Fast

Fleeting
Racing
Rapid
Brisk
Beating
Pulsing
Creaking
Consistent
Clumsy
Bumbling
Plodding
Glue-y
Leaden
Slow
Still

Dark

Shadowy
Obscure
Opaque
Foggy
Cloudy
Dull
Dim
Vague
Indistinct
Shapeless
Defined
Distinct
Clear
Shiny
Bright

Full

Deep
Strong
Heavy
Intense
Powerful
Floaty
Airy
Weightless
Vacant
Vacuous
Draining
Weak
Empty

Painful

Achy
Agitated
Irritating
Noxious
Toxic
Warring
Soothing
Sweet
Harmonious
Grounding
Clarifying
Calming
Healing

Wet

Soaked
Saturated
Soggy
Moist
Slushy
Slimy
Dank
Parched

Dry

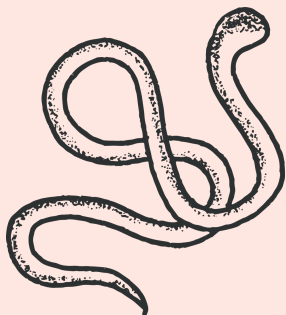
Dead

Dormant
Withered
Limp
Sluggish
Bubbling
Active
Vibrating
Electric
Radiating
Pulsing
Vivid
Alive

COLORS

Black
Brown
Red
Orange
Yellow
Green
Blue
Violet
White

Obsidian
Smoky
Coal
Coffee
Cinnamon
Maroon
Crimson
Burgundy
Magenta
Rose
Pink
Carrot
Salmon
Saffron
Golden
Amber
Lime
Forest
Jade
Aquamarine
Cerulean
Teal
Lilac
Lavender
Indigo
Chalky
Bleached
Cream
Pearly
Snowy



Body parts to consider: feet, gut, lungs, heart, throat, brain

Universal Human Needs – Partial List

(without reference to specific people, time, actions, things)

<p><u>Subsistence and Security</u> <i>Physical Sustenance</i> Air Food Health Movement Physical Safety Rest / sleep Shelter Touch Water</p> <p><i>Security</i> Consistency Order/Structure Peace (external) Peace of mind Protection Safety (emotional) Stability Trusting</p> <p><u>Freedom</u> <i>Autonomy</i> Choice Ease Independence</p> <p>Power Self-responsibility Space Spontaneity</p> <p><i>Leisure/Relaxation</i> Humor Joy Play Pleasure Rejuvenation</p>	<p><u>Connection</u> <i>Affection</i> Appreciation Attention Closeness Companionship Harmony Intimacy Love Nurturing Sexual Expression Support Tenderness Warmth</p> <p><i>To Matter</i> Acceptance Care Compassion Consideration Empathy Kindness Mutual Recognition Respect To be heard, seen To be known, understood To be trusted Understanding others</p> <p><i>Community</i> Belonging Communication Cooperation Equality Inclusion Mutuality Participation Partnership Self-expression Sharing</p>	<p><u>Meaning</u> <i>Sense of Self</i> Authenticity Competence Creativity Dignity Growth Healing Honesty Integrity Self-acceptance Self-care Self-connection Self-knowledge Self-realization Mattering to myself</p> <p><i>Understanding</i> Awareness Clarity Discovery Learning Making sense of life Stimulation</p>	<p><i>Meaning</i> Aliveness Challenge Consciousness Contribution Creativity Effectiveness Exploration Integration Purpose</p> <p><i>Transcendence</i> Beauty Celebration of life Communion Faith Flow Hope Inspiration Mourning Peace (internal) Presence</p>
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This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.

Feelings/Emotions – Partial List

(internal sensations, without reference to thoughts, interpretations)

This list is a collaborative effort of many, and adapted from Marshall Rosenberg's original list

The following are words we use when we want to express a combination of mental states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

A. Feelings we may experience when our needs are being met

AFFECTIONATE

Compassionate
friendly
loving
openhearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

EXCITED

amazed
animated
ardent
aroused
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic

JOYFUL

amused
delighted
glad
happy
jubilant
pleased

tickled

INSPIRED

amazed
awed
wonder

PEACEFUL

calm
clearheaded
comfortable
centered
content
equanimity
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

B. Feelings we may experience when our needs are not being met

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

angry
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

Animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless

melancholy
unhappy
wretched

TENSE

Anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful